

CANADA'S WEEKLY NEWSMAGAZINE

JANUARY 8, 1996 \$3.50

A Canadian  
war hero under fire

# Maclean's

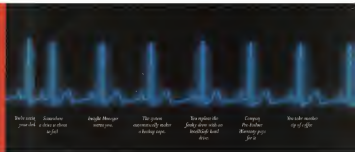
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CANBERRA WEEKLY NEWSMAGAZINE  
JANUARY 8 1988 VOL 108 NO 2

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## A haunting portrait of America's alter ego

BY FRED BOWLING

*Oliver Stone's new film is more merciful than might have been expected, reminding us that Nixon's flaws were disturbingly familiar*

assignment. It was Nixon's luck—maybe good, maybe bad—that he lived and died in the time of *Office Space*.

Only those who have forgotten or ignored the capable machinations of the Nixon White House—the "secret" plan to end the Vietnam War, the Cambodian "incursion," the ill-fated "Flamers" operation, Watergate—will find Stone mistaken in his view of Nixon as a haunted and haunting public figure.

Although he survived to age 81, Nixon was a hazard to his own health, too. He developed traits requisite to winning the Oval Office and, simultaneously, the means of his own destruction. He, as Oliver Stone and others

*Fred Thomson is a writer with Newsday in New York*

with biblical overtones. Nixon triumphed but what did he gain? He captured votes but not the imagination of his countrymen. Americans wanted the orderly universe Nixon promised. As for Nixon himself—he was expected to deliver the goods and was outside the door.

Since George Washington, *Americana* professionals rarely have been lovable—even Jack Kennedy was more plausible than endearing—but Richard Nixon clearly qualifies as an social outcast. Having been humble origins in California, Nixon, the son of farming and hard-pressed Quaker parents, often magnanimous against the Eastern Establishment and its privileged sons and daughters. They have money and access and an infatuation with entitlement. They went to Harvard and Yale while he settled for little Wheaton College.

As a politician, Nixon had to employ tactics that would have made his steady insistence on moral rectitude seem like a pious irrelevance. Nixon's prosperous and sophisticated conservative friends—many have done the same things but they demonstrated an ease and grace that he could never manage. A lifelong conservative, Nixon came across as shyly con-

The most radical element of Sorel's novel rests on the fundamental assumption that Richard Nixon, despite his failure to win the hearts of the American people, came to personally turn out the sun. In perhaps the most telling moment of the film, the young, gaunt Nixon pines beneath a southern White House portrait of John Kennedy. Though shown in a passive manner, the young president looks elegant and impressive. Captured by the sun, was the man who would have been the first African American president of the United States, and so the film rightly cheered the nation. Within hours, Nixon would become the first American president to resign. His career was in ruins, his future in doubt. A prime scientist was not out of the question.

Dragny. Nixon considers the portrait of Kennedy. "When they look at you, they see what they want to be," he says. "When they look at me, they see what they are."

Bogus history—Stone admits the quote and Nixon's—can still be useful psychology. This dramatic White House scene delivers a powerful lesson. Richard Nixon worked hard to get ahead. He made the right moves. He was rewarded. Then, for the very reasons he has craved, Nixon is it. He is a vaguely Americanized person—getting what we asked for. Without forgetting Nixon's excesses, Stone reminds us that the man's flaws were disturbingly familiar. Richard Nixon was one of our own.

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# A PRINCIPLED FARWELL

BY JOHN DE MONT

Much as he detested it, Clyde Wells seemed to be following the script perfectly. For months it was rumored that he was on the verge of stepping down after 4½ turbulent years as premier of Newfoundland. Last week, the aloof, intellectual politician was off that, announcing that he would leave office as soon as his Liberal party picked a new leader, and would probably return to practicing law. "Anonymity is a wonderful thing," Wells told *Maclean's*. "I welcome a return to it." Sooner, perhaps, than he thought. Even as he spoke the premier had already been pushed out of the limelight in the wake of political jockeying shifted to Corner Brook, Nfld., in the home riding of Brian Tobin, Canada's immensely popular federal fisheries minister. The hero of last year's turbulent war with Spain, controversially as vacation at home, and that he needed time to think about the new job opening—all at which left rumors that Tobin's cronies in Wells's successor was already under way.

Newfoundland has always had a reputation for afterthought success. Jerry Seinfeld would presume property and comfort (if Newfoundland joined Canada, Brian Peckford offered dreams of wilderness riches). Wells, the son of a railway engineer who went on to become a high-priced corporate lawyer, shared their cloquence. He also shared their willingness to run political point by taking on the big boys in Ottawa and the rest of Canada. But little else. His Liberals swept to power in 1980, just in time for the collapse of the cod fishery, which put 30,000 Newfoundlanders out of work and threatened the island's traditional way of life. Instead of his predecessor's grandiose promises, Wells offered a pragmatic, 100-year government which focused on cutting spending and using tax incentives to attract new business in an attempt to keep the lonely province's ship afloat.

His efforts failed to get much of a dent in the unemployment rate—16.9 per cent in November, compared with an average of 9.4 per cent across Canada—or slash the exodus of Newfoundlanders from the Rock. "I'll leave my legacy to someone more objective than I am," Wells declared last week. He will undoubtedly be remembered as a politician who adhered unapologetically to his principles, most notably during his opposition to the Meech Lake accord and the special powers that would have been granted to Quebec



Wells: "Anonymity is a wonderful thing—I welcome a return to it"

That impetuous second helped him win a re-election second election victory in 1983, and earned him a reputation as talk-horn in English Canada and Ottawa inside Quebec. But some observers cast doubt on Wells's commitment to principle. "The question," explains Bill Brown, an author and former provincial Liberal leader who now hosts a St. John's current affairs radio talk show, "will always be whether Wells was committed to his beliefs—or just plain obstinate."

In recent months, Wells's unwillingness to bend appeared to be waning a bit less. Announcing a round of provincial civil service cuts just days before Christmas did little to combat his reputation, already bolstered by the government's restraint policies, for being unyielding and bloodless. Wells also made re-

nown last fall when he stepped behind the platen and 279 years of church control over the provincial school system. He did that even though 66 per cent of Newfoundlanders were against the idea when they voted during a September referendum on the question—and only 52.9 per cent of eligible voters bothered to cast a ballot. And if any one event seemed to symbolize the vigorous side of his determined nature it was his relentless attempt throughout 1984 and 1985 to privatize the provincial power corporation. Eventually, however, intense public opposition forced him to back down. "Wells was beginning to become a liability to his party," notes Mark Gossage, a political science professor at Memorial University in St. John's.

No surprise, then, that his government's

## Premier Clyde Wells says goodbye to politics

No one has ever accused Wells of lacking conviction. His unshakeable position on the Constitution—that Canada needs a stronger federal government, that all Canadians are equal and that there should be no special powers for any part of the federation—was forged during his history and political science studies at Memorial and later at Dalhousie University law school in Halifax. In 1968, he resigned from Seaboard's cabinet because he disagreed with aspects of the premier's plan to industrialize the province. A decade later, Wells dissented from a Conservative Association constitutional committee's proposal to replace the Senate with a body appointed by the province.

But it was the Meech Lake debate which showed the rest of Canada what Wells was made of. Even now the image endures—the ebullient premier with the starling blue eyes standing in the Newfoundland House of Assembly, speaking passionately and without notes on why he could not allow the House to vote on the constitutional pact. His stance earned him the lasting enmity of Mulroney and made him one of the most vocal opponents of the accord. But the scales of supportive mail from across the country that poured into his St. John's office showed that his resolve had struck a chord with English-speaking Canadians. "At the same time, circumstances conspired that I would take precisely the same position," Wells said last week, shaking a lock of the old hair.

As Wells prepares to depart from the political stage, Newfoundland could gain another leader with a knack for grabbing national attention. Tobin, who has ambitions to be

week. A statue of two Basque fishermen, he and his sister, has been dedicated to him. Wells has more time for his wife of 35 years, Elaine—and to leaving the fishbowl contest which comes with the premier's office. His greatest regret, he told *Maclean's*, was the defeat of the Charlevoix constitutional accord in 1980, which he supported along with the other premiers and then prime minister Brian Mulroney despite its inclusion of a watered-down distinct society provision for Quebec—only to see it voted down in a unanimous referendum. And he admitted that he may have tried to move too quickly on some of the economic and social reforms his government tried to introduce across Newfoundland. Overall, though, Wells seemed content in the belief that he leaves politics with his ideals intact. "One of the good things about making decisions based on certain principles is that you always know where you stand and are not making decisions based on who put forward a proposal or who is affected," he said.

At 61, the former broadcaster is a master political showman and one of the rising stars in Prime Minister Jean Chretien's cabinet. But an impending cabinet shuffle, perhaps as early as this week, could change that. So far most of the attention has focused on Lloyd Axworthy's expected move from Human Resources to Foreign Affairs, where he will take over from André Gauthier. But government insiders say that unless something exciting is found for Tobin, who seems to have run out of challenges in the fisheries portfolio, the federal Liberals could lose one of their leading lights.

The federal Liberals would clearly love Tobin to stay in Ottawa. They view him as a consummate communications man who would be valuable in any cabinet with a strong public job on his hands. But for all his abilities, says those who know Tobin, the fisheries minister is a Newfoundland first. And if he chooses provincial politics, he would take power at a time of unusual promise in Newfoundland: an industry shows signs of rebounding; the Hibernia offshore oil project is about to start pumping oil; and the huge medical loan in Venice Bay, Labrador, is almost ready to begin production. According to the provincial government's own statistics, a major economic upswing should be underway by 1990.

"The prospects ahead are very good," Wells adds. "But my successor will face 15 to 20 months



Tobin: rumors of an impending coronation

of significant problems before they get there."

Tobin's destiny now to run would leave the race wide open. A number of provincial cabinet ministers—none of whom had a chance to shine under Wells's tight reins—were said to be interested. They included Technology Minister Chuck Furey, Justice Minister and Attorney General Ed Roberts, Finance Minister Paul Dickson, Minister of Works, Services and Transportation John McCallum, and Lloyd Matheson, the health minister. Last

week, though, Newfoundlanders voted for Tobin's next move. When a radio reporter reached him on a Newfoundland toll-free line, he joked that he would go to the top of the mountain to talk to his friends. From the top of the mountains, perhaps to the top of the Rock itself.

Wells & KATIE FOSTER in Ottawa

WILL R. KATIE FOSTER in Ottawa





LETTER FROM

JULIETTE, N.S.

## Intrigue and memory in Cape Breton

**T**he town of the tiny hamlet of Judique, N.S., which straddles Route 19 along the western coast of Cape Breton Island, means always saying goodbye. Any one of the nearly 2,000 residents—almost all of whom trace their ancestors back to Shetland—can reach the town of less than 600 people by the railway station that disappeared and rebuilt that shut for good, the six schools that have shrunk to one, which also is on the verge of closing. They see the outflows of summer tourists drive through without stopping, hear what was once a church of Gaelic songs in the area fall to a whisper, and watch the steady erosion of the young and adult population who continue to flee in the desperate local economy. "You can find our people from the mines of Pennsylvania to the woods of British Columbia," laments Vincent Graham, 68, until recently the caretaker at St. Andrew's Parish, which, in a way, helps to explain why the prospect of building Ireland's first confederated church hall has splintered the once-entire, intensely Catholic community.

MacMaster outside threatened hall. "It means a lot to all of us."

cost of renovations would be for a new, larger hall—expected to cost about \$325,000—to replace the run-down existing building. No one could last the process. He'll work with five partners and donated his bar during the first year of the Great Depression, 40 years ago, as it was known as St. Andrew's, and still stood as a symbol of the self-reliance and spirit that has always enabled Judique to endure. It was also the community's social and cultural centre—where people attended their first dances and celebrated weddings. "It holds great memories for me," recalled Hugh (Buffy) MacMaster, 71. MacMaster, the acknowledged dean of Judique's Cape Breton folk-dancers, lives near to the hall and has been playing there for 55 years. "It means a lot to all of us."

No surprise, then, that some people wanted to build once these memories, in November, 1994, a new group calling itself the Judique-as-the-Floor Church and Historical Society (named after the village's annual summer Gaelic music festival) asked the parish for a lease to operate the hall as a museum and tavern. The idea was to cash in on the revival of interest in Gaelic music and culture, which brings tourists in droves to places like Barra, 100 km north of Judique and home to the Hebridean Islands festival group.

The parish council said it would consider the idea. Then things got murky. Days after the application, building inspectors and fire marshals decided to shut the hall down on a grounds that it failed to meet building code and fire safety standards. When the parish council called a vote last January to determine what the community wanted to do with the building, the results seemed inconclusive: 135 parishioners had voted in favour of the hall to the society, 62 favoured selling it to someone who would remove the hall from the property, and 32 voted to demolish it.

The parishioners claimed victory. But the parish council interpreted the results differently, maintaining that 344 had voted, one way or another, to remove the building from parish property. In February, the parish council voted 4 to 1—four members abstained—to demolish the hall and build a new one.

Four months later, the diocese of Antigonish county gave them the go-ahead. But if church officials asserted that was the end of it, they badly miscalculated. Their critics insist that they are not opposed to construction of the new hall (which is almost completed), even though the price tag has soared to \$1.38 million—\$672,000 of which will come from federal and provincial governments, leaving the community to raise the rest. But they take exception to the parish's contention in a recently prepared fact sheet that the community has "a moral responsibility towards the (new community centre's) maintenance and financial support." MacMaster, the parish council president, has since declared to say more than was in the bulletin, which reminded the supporters of repairing and keeping up the old building. "When it was condemned, that should be it," he said.

Those who want to preserve the old hall suspect something more dramatic. Finally, they talk of personal vendettas and power-hungry local officials. At their most restrained, they speculate that the old building's fate was sealed because the council fears it will compete against the new facility for wages, dances and other sources of revenue. "That idea is just absurd," says John Gibson, one of the more vocal members of the Judique-as-the-Floor Society.

Enthusiasm is running high. In early December, Graham, the longtime groundskeeper who joined after the church and graveyard, out in protest. Like long parish members have taken to attending other churches to show their disapproval. Old friends on either side of the issue no longer talk. And Judique has endured the previously unthinkable spectacle of reading letters written to local and provincial newspapers condemning the leadership of the local bishop, Colin Campbell, and Father Bruce MacNeil, the sub-parish priest.

Last month local people learned that was not the half of it. On Dec. 18, the third of several Father MacNeil letters to the society will appear before the Supreme Court of Nova Scotia on Jan. 3 to apply for a legal ban against demolition. The parish council decided to wait until the court ruling is specified to wait until the court ruling of the applicants before calling an extraordinary meeting. Father MacNeil's letter to the society said it asked the society to act down with it and an independent mediator to solve the dispute. "Father MacNeil and Parish Council requests the prayers and support of the parish and community that the confederation will assist the parish in dealing with this difficult matter," declared a notice added to a recent church program.

But even prayers may have their limits. "The feelings in question are deep," Father MacNeil pointed out when asked how long it will take for the wounds to heal in Judique. "You have to remember that at times these things can go on for hundreds of years."

JOHN DONOHO

## The new top gun

Jean Boyle takes over Canada's troubled military

**A**t 68, he is the youngest military chief in Canada's history. And if youthfulness dazzles energy, Gen. Jean Boyle may find himself serving all he can muster. Installed as chief of the defence staff in a ceremony last week at Borden Hall in Ottawa, Boyle assumes command of an armed forces machine beset by continuing budget cuts on one side—and scandal on the other. Much of the criticism stems from Canada's part in the United Nations peacekeeping mission in Somalia in 1993-95, which resulted in the murder of a number of Somalis by

Boyle, for his part, has said that at the time, he acted only as liaison between the working group and the public inquiry, now in its third month. He has also refused to comment directly on another controversy: the ongoing investigation by military police into the suppression of his signature on a memo he distributed over setting, as well as the apparent retention of documents correlated to the scandal by someone in the working group. Speaking to reporters in Ottawa on Dec. 20, along with Defence Minister David Colville, Boyle would only say that he co-ordinated daily with po-

lice, adding "When their report goes to the minister, it will be made public."

Among the issues on Boyle's crowded-plate agenda is the sagging morale in the forces. The general, who in 1985-1989 served as commander of Canada's six-ship command air base in Hahn, Germany, has said that over the next six months he intends to visit Canadian troops in such trouble spots as Bosnia, Haiti and Rwanda. But, he noted, "I don't think the morale of the forces is that much different from the morale of the average Canadian. They're all



Boyle assuming command of a team of general and combatants

subject to the same social and economic pressures."

More pressing is the continuing erosion of military funding, which has dropped from 9.3 per cent of the federal budget to 6.7 per cent over the past 10 years. The 1995 defence budget is \$11 billion. Unfunded personnel, meanwhile, are to be cut from almost 70,000 to 60,000 over the next three years. Despite these reductions, Boyle announced his intention to lift a four-year armed forces pay freeze in 1997. Last week, he also indicated his willingness to fight for the constant visibility of the armed forces. "I don't believe I'll have any trouble with that," he said in response to questions about whether he would go head-to-head with politicians over further cuts. For Canada's beleaguered military it was clearly a relief to hear that the country's new top gun has the right stuff.

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## The divisions within

Those who do not study history, we are told, are condemned to repeat it. But Canadians, an electorally aware bunch when it comes to things constitutional, look at the

BACKSTAGE  
OTTAWA

BY ANTHONY  
WILSON-SMITH

country's history in a century way the more they study it, the more they seem determined to relive its least appealing parts. Consider the parts of the past that dominate the present grimy face of Canada. Quebec nationalists, despite their fondness for donning themselves in the trappings of medieval "baronial nations," will show occasional but unmistakable signs that they've never moved beyond the Plains of Abraham in their view of English Canadians.

Similarly, people in Alberta and British Columbia, despite living in the most affluent and business-friendly province, remain convinced that the rest of the country regards them as a rebellious outlier of a regional outlook that exists only to be explained by Central Canada. And many Central Canadians don't think about the West at all, which just makes things worse. The only thing more insecure than a Canadian, after all, is a Canadian living outside Ontario.

All of which is to say that if national politics has seemed more fractious in recent years, the reason may be that members of Parliament represent their constituents' least pleasant, not their constituents' least. Consider the three challenges that Prime Minister Jean Chrétien's Liberals face in keeping the country—and their party—united in the upcoming year. All are as old as Canada itself, and are becoming more pronounced.

**Quebec.** Versus the Rest of Canada. Traditionally, the arguments between Quebec nationalists and federalists outside the province resembled those related to non-dominion between hockey players who don't really want to leave it at. As a result, they wait for the referee to step in the middle before they really start talking tough. That used to be true of separatists, who were at their most vocal when their cause was at its lowest ebb. Now, the equation is reversed. Think here of the combination of poetic and allusion towards Quebec that existed when it appeared the separatists might win

the Oct. 30 referendum. Now, with another referendum likely to be at least a year away, the polls show that constitutional steel has vanished. For proof, look at the Liberals. In recent weeks, there's been little talk as government—having taken part in Quebec newspaper challenges Quebec government statistics on separatist concerns, Chretien's chief of staff, Jean Pelletier, has also broken his self-imposed silence to write an essay in his home town Quebecer newspaper praising his home. And senior Liberals have been quiet but vigorously questioning the commitment of their provincial counterparts to federalism. But when the real steps away and the next campaign begins, will they and English Canadians still trust each other?

**Rural versus urban.** In many ways, this is an even more profound split, because it directly affects all the country regardless of what happens to Quebec. Canada's cities are multi-ethnic, multi-racial, but increasingly multi-ethnic. In their approach to social issues (farms and small-town Canadians almost entirely white, populated by Canadians whose families have been here for generations, and who share a value system that is homogeneous and small-town conservative). Between the two sides are the suburbs, where the different value systems meet uneasily. Watch for the Liberals to split along rural and urban lines when it comes to planned legislation on pay rights later this year.

**The West Versus the Rest.** It's easy to see, therefore, why the Quebec of English Canada—cranky, not to say, convinced it is a distinct, and ultimately suspicious and dismissive at the rest of the country. But British Columbia, unlike Quebec, has no strong views in the federal cabinet. And that's not because, the more the sense of isolation manifests itself.

Canada, Chrétien sometimes says, is a country that at times seems more interested in creating problems than in solving them. Chrétien, Libérals point out, did not create those problems. But, as an increasing number of them have recently been vanishing, he is not doing much to confront them either.

## GUN LAW TAKES EFFECT

Conceding a serious effort with a gun will result in a mandatory prison sentence of at least four years under a new law that came into force on Jan. 1. The provision is a key element of the federal government's new gun-control bill. The tougher sentence is an increase from the current one-year-a-penalty that was often plea-bargained away. Due to delays in setting up a new gun-scanning system, however, other elements of the new legislation will not come into force until next year.

## REINSTATING A PROSTITUTE

A part-time journalism instructor who says that sex between men and boys is not necessarily wrong and who admits he moonlights as a prostitute, is returning to the classroom this month. Officials at Toronto's Ryerson Polytechnic University cleared David Harris, 31, of allegations that he used his class as a platform for his controversial views.

## A HERO AND A VILLAIN

Another gait has awarded sharp differences between English- and French-Canadian. The survey, conducted by Angus Reid Group Inc., asked 1,500 people to name someone they believed had behaved like a hero over the past 12 months. Fifty-seven per cent of Quebecers named Bloc Québécois leader Lucien Bouchard, who is expected to become leader of the Parti Québécois in January. That was enough to make him the first-choice sleazebag across Canada—just ahead of Prime Minister Jean Chrétien. But Bouchard was also named the leading villain, beating out even sex murderer Paul Bernardo.

## EMPLOYEES PAY FOR PARTY

Senior executives at Hydro Quebec will have to pay back up to \$500,000 of the \$141,800 they spent in August as a board pay for former chairman Richard Duro. The Saskatchewan court to fight when the Montreal Gazette was a story on the lavish event at which 300 guests were invited to grill steaks and drink. The following day, Hydro awarded hundreds of calls protesting the event.

## OPPOSING IMMIGRATION

A monthly (twice) separatist group, the Movement de libération québécois du Québec, demanded a halt to all foreign immigration to the province. President Raymond Lévesque, a former 660 Democrat who spent 12 years in jail for his part in a failed bombing, led a meeting in Montreal that effected minorities are the "vulnerable" of Quebec.

Canada  
NOTES

## Tragedy on the ski slopes

A high-speed ski lift at the 9,000 Whistler Mountain resort 90 km north of Vancouver came to a halt at least two sudden stops before four skiers fell 80 feet to the ground, killing 29-year-old Trevor MacDonald of Vancouver and injuring three others. As rescue workers rushed to help the badly injured skiers, nearly 200 other people were left stranded on the lift for up to four hours in darkness and sub-zero temperatures. The accident happened at 3 p.m. on Dec. 23, as the skiers were being transported on the Quickdraw Express from the village to the middle of the mountain at the resort, which attracts about 850,000 skiers a year.

Rescuers, including the St. Paul and other holiday doctors, arrived at the scene within minutes and found many of the victims, some of whom had serious fractures, remaining in the snow. The most seriously injured had to be airlifted by helicopter to Vancouver before rescuers could begin helping the skiers stranded on the lift. As they waited to be rescued, they had to endure a howling mountain wind. Two of the skiers sustained life-threatening injuries.

The RCMP's investigating officer, Col. Darryl Little, said it appeared as though the accident was caused by a chair that had broken loose and slid down the lift cable. As it did, it caused a disastrous chain reaction, forcing other skiers loose by a skier who fell just before boarding or leaving the lift. "There were a couple of sudden stops," said Little, "and then it was a sudden one that let loose and started to slide down the lift."

Police focused their investigation on the grip mechanisms that secure the chairs to the lift cable. All grips on the lift had been replaced before the accident because one chair fell from the Quickdrawer run during a maintenance check. Investigators also decided to remove a grip from a chair that had not fallen to compare it with those from chairs that did fall. Said



A trapped skier is lowered to rescue workers' escape.

Little, "They want to see if there's any unusual wear, any broken parts that wouldn't have been caught by the fall."

## Implant suit wins

The Supreme Court of Canada upheld a \$90,000 award to a B.C. woman who underwent a double mastectomy in 1987 following the rupture of one of her breast implants. The ruling applied Dow Corning Canada of Mississauga, Ont., was the first case involving breast implants to reach the Supreme Court. The complex decision came down strongly on the side of women who have suffered health problems due to the controversial implants. In its ruling, the high court found that Dow Corning did not adequately warn doctors who inserted the silicone breast implants about the potential risks. But Susan Hefter, who received the implants in 1983, may never receive the money because parent company Dow Corning Corp. of Midland, Mich., has filed for bankruptcy in the United States.

The phone at GAT Network Co. Ltd. starts ringing at 8:30 each morning. "It keeps ringing," says its 38-year-old president, Akio Mizuda, an energetic man with a gravelly voice. "It's a good sign, you know." Mizuda is optimistic about all odds. After a grueling company at Tokyo had him off from what he thought was lifetime employment, his prospects looked bleak—or so people told him. Nonetheless, he and seven other jobless friends all to their late 30s or early 40s, went into business together in October after almost a year of deliberation. The new company sells an eclectic range of items, from insurance policies to hydroponic indoor plants. Says Mizuda, "We shared a common challenge—the survival game."

Mizuda and his friends represent a brave new breed of Japanese businessmen. They are the product of the country's longest postwar economic recession, which has lasted since 1989. The partners met through the Tokyo Managers Union, a group set up in December 1993, to support the large number of managers who were being laid off by their companies, some after devoting as much as 40 years of their lives to their jobs. "It was a terrible blow to all of us to be suddenly left on the street with nothing to rely on," says Mizuda. "But now I say, to hell with the past and all I believe. We must go on." Mizuda sees more than just personal significance in his group's quest for new careers. "We have also become," he explains, "a bitter test for Japan. If we survive, then Japan will, too."

Lately, Japan is correctly undergoing—quickly—the most profound restructuring in its postwar history. Much of the underpinnings of the economic "miracle" are in question, and so are such

# JAPAN'S PAINFUL CHANGES

bedrock practices as lifetime employment, devotion to employer and sacrifice for the greater good of society. At the same time, Japan's 125 million people are still reeling from the shocking news events of 1995 that shook their normally unshakable confidence. The disastrous Kobe earthquake, which killed more than 5,000, destroyed scores of Japanese-built freeways and office buildings, tested to the limit the world's most resilient, long-tested ties to the ground or reduced to rubble. The Tokyo subway gas attack by members of the far-right Japanese democracy cult challenged the sense of Japan as a safe island country, insulated from the dangers that afflict other parts of the world.

It is a turnaround in mood and economy all too familiar to Canadians, among others. In the late 1980s, as the Cold War ended, Japan looked as though it had emerged a winner. Its foreign-exchange reserves were the world's highest, its products the world's most and its people well-paid and enjoying life. Mizuho Sato, 62, was no banker then. "I remember it wasn't that long ago when I would make reservations for our summer holidays in the best foreign hotels," he recalls. "In fact, for my daughter's wedding in 1988, my wife ordered soup with real gold dust in it for the 160 guests we invited."

These days are long gone. Last year Sato retired early as part of his bank's move to cut staff. The speculative bubble economy of



## Rising unemployment and a dark new mood haunt the 'miracle' nation

the 1980s burst as overvalued land values plummeted and the Nikkei stock index fell from a high of 39,000 in 1989 to around 16,000 today. Bank losses from bad debts are estimated at up to \$540 billion. At the same time, the country's constant trade surpluses have pushed the yen to 140 to the U.S. dollar, more than level of a decade ago. That has made Japan's exports highly vulnerable to competition, including the lower-cost East Asian "tigers" such as South Korea. To get costs down, companies are setting up factories overseas and cutting payrolls at home. The powerful bureaucracy is under intense pressure to dismantle Japan's rule-based system and make it more like the U.S. and other "Western" economies. As the English says Mizuda, "Japanese media commentators used to call the American

"hamburger flipper"—for an economy based on just serving people instead of producing high-quality goods like we did. Now we have to do what the Americans have already done."

The reality has begun to hurt a once-lush sea of new recruits in major companies, a tough job situation for university students for the third year running, and more than 1,000 bankruptcies reported for 1994, figures unheard of in previous decades. The official unemployment rate has increased to 3.4 per cent, or 2.2 million people, for the first time in modern history. Signs of job insecurity are everywhere. Many Japanese workers are attending night school to brush up on their skills, which they did before. Women do not give up their jobs as readily as they once did when marriage beckoned. More people are seeking jobs overseas, especially in East Asian boom towns such as Hong Kong and Singapore.

Nobuo Morikawa, a consultant at an employment office in Tokyo's Shinjuku district, says he is already seeing firsthand the trends coming through Japan. "For instance," he says softly, "I now counsel middle-aged men who are being supported by their wives because they've lost their jobs. Can you imagine such a change?" Morikawa says the sudden loss of job security will have long-term repercussions: "People will go no longer be loyal to the company," he says. "This means Japan's once-covered systems, such as lifetime employment, will be no more. There is going to be a period of social upheaval but in a very Japanese way—quiet and dignified. Even the big conglomerates, which long seemed invincible, have

psychological damage as the rest of Japan would have been too tremendous a responsibility for Nissan to bear."

Nissan's reluctance to abandon its workforce is still shared by many other companies. It represents a key difference between the way Japan is handling its economic problems and the approach of nations in the West. Nissan is trying to cut staff through a brain freeze and generous early-retirement incentives, including a bonus big enough to help people start their own businesses. Says Mizuda, "Our country's economic success has been built on the foundation of a group consensus. We cannot abandon that concept easily."

Even so, ways of working are changing, probably for good. Nissan no longer bans promotions and salary increases on simple seniority, as had long been the case. Now for the first time in 30 years, a new hire can earn more than an older employee. And when the company begins hiring again, says Mizuda, firms will no longer ask the name of the applicant's university. In a country where the big companies continuously have only from a select group of universities—which students enter for years to get into—that is an enormous shift.

The city relationship between business and government—often known as *dango*—is under intense scrutiny. The government has confronted itself to deregulating industry in order to lower costs. The task, said the daily Asahi Shimbun in a recent editorial, is to transform Japan from a "daddy state dependent on officialdom into an internationally open, independent-minded free society." An example is the petroleum industry, traditionally one of the most protected sectors, which is a victim of the oil price spring that will bring more competition in unforgiving, the pump

### Job seekers in Tokyo: Insecurity

set a precedent by reporting losses since 1989. "It's a very difficult time," acknowledges Akio Otake, a senior manager at Nissan Motor Corp., Japan's second-largest automaker, which posted net losses of some \$2.3 billion last year. "From constant expansion rates since we started operations 60 years ago, we now have to cut and cut and cut." Nissan's experience illustrates the wild swings of fortunes for Japanese businesses. At the height of its production, in 1988, Nissan manufactured six million vehicles annually, of which 700,000 were exported. That figure has been slashed drastically. Global production targets for this year are around 3.2 million vehicles and exports will sink to 200,000. Nissan aims to reduce its 52,000 Japanese employees to 47,000 next year and may go even lower in the following years. "Nissan's goal is to save \$4.6 billion by 1998," says Otake.

A landmark in Nissan's troubled saga was its decision in 1993 to close down one of its most advanced factories. The unit on the outskirts of Tokyo employed 2,000 technicians and produced two of the company's most popular cars. "It was a bitter move for Nissan because it was an example of the hard times we thought would never come," says Otake. But a significant element was Nissan's decision not to lay off the 2,000 employees. "All of them were absorbed by our other facilities which also manufacture cars," says Otake. "If we threw them out, it



Mizuda: "He have become a bitter test"

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## WORLD

price of produce has already fallen to \$1.26 a litre from \$1.37 and is expected to slide further. Overriding a package of financial reforms in early December, Prime Minister Taroichi Miyaoka said, "Japan is now aiming to create a system that is free and full of stability. We cannot pursue stability at the cost of efficiency."

Critics, however, question the government's commitment. The entrenched bureaucracy, institutionalized conservatism of the nation at large, has traditionally maintained its influence by expanding expenditure. Masahiko Nishio, a leading financial expert, noted in the Tokyo-based magazine *Reinstate* that 40 per cent of Japan's economy is subject to some kind of control, against eight per cent in the United States. Miyaoka's government says it will reduce controls by 10 per cent over three years. Nishio thinks it should be 50 per cent.

But Takashi Inaguchi, an international relations expert at United Nations University in Tokyo, says Japan is making reforms at its own pace. "Japan's way of dealing with the problems it faces is gradual," he says. "If you are looking for character, visionary, sexy Japanese leaders to lead Japan like you have in the West, forget it. But remember Japan is changing and moving forward in its slow, dogged fashion."

According to Inaguchi, Japan's leaders—and the bureaucrats—must now solve the Japanese away from traditional energy war dependence on the American market to a more global approach, especially in dealing with the rising economies of East

Asia. "What has made the changes more painful is Japan's past success," he says. "It is very hard to give up something that has led you to become a world economic power almost overnight."

Many business people, however, welcome the new commitment. "The only way Japanese businesses can survive is to prove themselves out in the open," says Nissan's Okada. Even the once-ferocious Matsuda, building his new company, is enthusiastic about getting out on his own. "We are individuals now, developing our own skills," he says. "It is a risk in a way, to get out of the protective atmosphere of the company which controlled us by providing all our needs." For most Japanese, that once would have seemed like heresy in the Nineties that's life.

SHUNDESHI KURECHI in Tokyo

## HOMELESS IN TOKYO

It is a familiar scene in North America, but it has proved shocking to many Japanese. Shuffling, stooped, mostly male, a ragged group of homeless people waits patiently for a cup of hot soup, their main meal for the day. The food line, organized by Shingiku Remoku Kai, a citizens' group aiding Japan's homeless, has grown steadily longer over the past two years. It snakes past the gleaming buildings and well-stocked shops that surround Shingiku station, gateway to a major Tokyo office and nightlife centre. It moves in the shadow of the 44-story, \$1.5-billion Tokyo City Hall, an elegant skyscraper built to the height of Japan's inflated bubble economy of the 1980s. But these times are over now, and these people are the proof.

"This is a common sight these days," says Yasuo Suzuki, a volunteer for the citizens' organization. "The recession and the decay of the family as an institution are the main causes of the rise in the homeless in Japan." Ten years ago, there were virtually no street people in Japan. Today, according to government statistics, 3,200 people live rough in Tokyo, but social workers say the number is probably 10,000. Many of those in Shingiku are older people who have lost their construction jobs and a company-provided bed space. Some have been abandoned by children, a once-unthinkable turn of events in a society that has traditionally revered the elderly. In Japan, homeless people are mostly single, unemployed and elderly men and women," says sociologist Nelson Kurodauchi. "That is because family solidarity is breaking down and social conscience is at a low ebb. And it's going to get worse before it gets better."

The Shingiku people live in cardboard boxes in a long passageway in the rear underground station, using the public toilets and scavenging garbage cans for food. Now, Suzuki says, even elderly couples inhabit the station. "When the husband loses his job," she says, "they have nowhere else to go."

Koichi Watanabe, 60, has lived in the passageway for the past two years. "I have been a day laborer all my life and earned quite a bit during the construction boom," he relates. "Then came the bubble period. I was providing old and young children." Watanabe manages a weed and a shave every three days in a public washroom. Once a week, he visits a charitable foundation to pick up clothes distributed to the



A Shingiku station resident on the move: battles with officials

needy. "Then I try my luck at work again," he says softly. "But the clothes don't feel anybody, apparently. The monster just ignores me."

When the trickle of homeless first began appearing a few years ago, authorities preferred to see them as a freak aspect of Japanese society. But as the numbers grew, they became a problem that had to be dealt with—not always delicately. At Ueno Park, a major green space in an elegant area of Tokyo, officials have launched non-monetary eviction operations to try to get rid of homeless inhabitants. "They leave garbage lying around and their presence is unpleasant to visitors," says a park superintendent. "A park is no place to sleep."

The Shingiku District office is enmeshed in a battle with the homeless and their supporters, who are fighting a plan to build a meeting halfway where the cardboard boxes now stand. In mid-December, more than 100 aging homeless clashed with police at Tokyo City Hall after storming the building and demanding jobs. "We will not be forcibly evicted," screamed an old man into a microphone.

The continuing resistance the homeless provide are familiar to North Americans. Shingiku district officer Masahiko Takeyama shakes his head in exasperation. "There are some genuinely homeless people out there, but most of them simply don't want to work and prefer to live like that," he says. "It's too much." Volunteer worker Suzuki, on the other hand, thinks the government should show more sympathy toward the homeless. "These people need to be respected and understood as victims of Japanese society, not as people to be rid of." Given Japan's painful restructuring, the country is unlikely to be rid of them soon.

S. K.



WORLD  
RWANDA

## Hero under fire

A Canadian general faces probes into a massacre

BY BRUCE WALLACE

Sen. Maj. Yvanick Leroy was the last of the 10 peacekeepers to die. Four hours after the terror began on the bloody morning of April 7, 1994, the young Belgian peacekeeper was finally cornered and shot dead by his fellow survivors in a military camp in the center of Rwanda's capital, Kigali. His nine colleagues all had been combatants, had been disarmed by Rwandan soldiers, then bayoneted or had been killed with cutlasses and rifle bullets in an enraged rush of war-madness. Their deaths, massacring soldiers and some neighboring ethnic students. Their deaths became a defining moment in the history of UN peacekeeping, when the importance of the blue berets became tragically apparent, and the world was reduced to watching as Hutus began a genocidal slaughter of their Tutsi neighbors. The remaining 550 Belgian troops stayed only long enough to evacuate

1,500 Belgian civilians from their former camp. Then they departed for home, cutting up their UN berets in anger on the airport tarmac as they left.

The murder of the 10 peacekeepers was just one horrific incident in the hellish explosion of killing that would see 800,000 Rwandans—about 10 percent of the population—killed in the next three months. But it has traumatized Belgians ever since. And one of the men the Belgian soldiers held responsible is the commander of the 1,500-member UN force: Canadian Maj.-Gen. Romeo Dallaire.

Dallaire's cold demeanor and macho bearing added authority to build the tiny central African country together after the bloodshed made him a decorated and admired military hero in Canada. He received the Meritorious Service Cross for "lifelong leadership." He was also a member of the Macdonald's Honor Roll in 1994. But two Belgian investigations into the deaths of the peacekeepers—now military and one civilian—as well as a one-

Belgian UN peacekeepers in Kigali, April, 1994. 10 were slaughtered

international French language book released in November called *Les Commandes PVA 94* (We are looking for justice, not a moral assassination at Dallaire), says the book's author, Alexandre Goffin, a former peacekeeper himself who has friends among the commanders who served in Rwanda. "But we do not accept leaving 10 men to die without doing everything possible to help them."

The soldiers were captured when they tried to protect the Tutsi peacekeepers from Hutu soldiers on the day the genocide began. The families have waged a 20-month public campaign to find out why their loved ones were ordered into obvious danger, and why no other UN troops came to their rescue. Other critics have questioned why the peacekeeping force was not better armed and prepared for the violence. They argue that the Belgian government and UN officials had strong evidence that Hutu extremists were planning their killing spree—and that Belgium, as the former colonial ruler, was particularly at risk.

Last week, the military inquiry recommended court-martialling Belgian Col. Luc Marchal, Dallaire's second-in-command, accusing him of ignoring clear risks by sending Belgian troops in to be sent into an obviously tense environment. The inquiry noted that the insignificant civil was ordered by Dallaire, but added that the Canadian gen-

eral "exposed our protection." Following instructions from UN officials, Dallaire has to be released to comment publicly on the specific events of April 7. Last week he was a taciturn and unimpressive for comment. But in mid-December, he had given in UN headquarters in New York City to answer questions that a half-dozen questions posed by the Belgian investigation, and UN sources have provided Marchal with details of the general's defense. (Dallaire has told associates he will break his silence to publicly answer charges and defend his reputation this month, when the civilian report is due.)

Most of the controversy centers on why Belgian troops were assigned such a dangerous mission, and why so many were killed. It was insisted since they had been ordered. Dallaire's explanation, according to UN sources, is that there were worse, more alarming dangers to be headed as that night April morning. The UN mission had been established five months before to monitor a power-sharing agreement between Hutu and Tutsi factions. As a result, two rival armies were gathered within the capital when, on the evening of April 6, a plane carrying Rwandan Hutu president was shot down as it approached Kigali airport. Overnight, roadblocks sprang up in Kigali as extremists took control of the city. Hutu soldiers in Kigali, after the plane was shot down, were dispersed throughout the capital under the command of the UN force. Dallaire continued his hunt for the meeting, fleeing it shortly after 11 a.m. He walked in unaccompanied, and later described his surprise at finding the entire senior Hutu military leadership team across Rwanda.

It is at this point that Dallaire's critics say he should have acted to save the Belgians. To escape to cross the national bordering through Kigali, Dallaire wanted orders from UN troops to escort military units. But after a long wait, he was told to go back to another road station, hoping to board an appeal for calm. In an interview with a Belgian newspaper last month, Dallaire said that some signs of anti-Belgian feeling in the capital were apparent at the time, although there was no "organized hate propaganda directed at Belgians." But it was Marchal who carried out Dallaire's order by dispatching Belgian troops to protect the peace mission.

That decision was described by the military inquiry last week as "unfathomable by default." The troops arrived before 8 a.m. at Uvungwe's home, where they were quickly surrounded by hostile Hutu soldiers also looking for the peace mission. The troops were ordered to go back to their camp but were later killed. On November 11, with Hutu soldiers reaching up from their colleagues, the Belgians agreed to surrender their weapons. They were taken to Camp Kigali, a Hutu military compound. In a later, desperate media appeal for help over a 100-mile road, Dallaire's military colleagues made it clear they did not know precisely where they were.

Meanwhile, Dallaire had heard that Hutu leaders were in a crisis meeting somewhere at downtown Kigali, and he left his headquarters to find it. He set out on foot, carrying a rifle, and when he was stopped by a road block, and finally escaped a ride from a Hutu



Dallaire, one of the men the dead soldiers' families hold responsible

officer driving by. As the vehicle passed Camp Kigali, Dallaire told the Belgian inquiry, he saw two of the participants on the ground being beaten by a mob. But he testified that the driver refused to stop, warning him that the Hutu soldiers and militia at the camp were dangerously out of control. Dallaire continued his hunt for the meeting, fleeing it shortly after 11 a.m. He walked in unaccompanied, and later described his surprise at finding the entire senior Hutu military leadership team across Rwanda.

It is at this point that Dallaire's critics say he should have acted to save the Belgians.

## RIVERS OF BLOOD

An invasion increased between Hutu and Tutsi tribes in Rwanda in 1992. UN troops struggled vainly to avert disaster. Key dates in the crisis:

- July 1, 1993:** Canada's Maj.-Gen. Romeo Dallaire arrives in neighboring Uganda as head of a UN observer mission in Rwanda.
- Nov. 8:** Some 2,500 UN peacekeeping troops move into Rwanda, led by Dallaire.
- April 8, 1994:** Hutu president Juvénal Habyarimana is shot down, killing him and his wife.
- April 7:** The Belgian peacekeepers are murdered in Kigali, amid escalating violence between Hutus and Tutsis.
- April 10:** Belgian troops pull out as the country becomes engulfed in civil war.
- July 19:** The orgy of killing comes to an end when Hutu rebels defeat victory. Thousands of bodies are dumped in rivers. An estimated 800,000 people, mostly Tutsis, die.
- Sept. 8:** Maj.-Gen. Guy Tugansanzu, another Canadian, succeeds Dallaire as commander of 2,500 UN troops.
- July, 1995:** The UN begins scaling down its presence, due to end in March, 1996.

"You are the commander of an army, you know your men are in trouble, you should be demanding that your men be released," argues Goffin. Dallaire told the Belgian inquiry that he sat in the meeting for an hour, listening to try to determine what they were really up to. "Everybody wants him to have walked in there and started pointing on the table," said one Canadian military officer who served in Rwanda. "That's just not realistic. It was a room and confining time, and Dallaire was facing the prospect that a camp was under way, trying to prevent two senses from backing out of their gnomes and starting a war." Dallaire says that once the meeting adjourned at 12:15 p.m., he issued the rules of the military dispute with Col. Théodore Bagamba, a Hutu officer who has since been cited by the UN's War Crime Tribunal for his part in the genocide. Bagamba's promise to send disciplined soldiers to calm the situation was never fulfilled.

Other UN veterans of the Rwanda mission insist that issuing a military suspension to resolve the commotion from a hostile mob could only lead—and might have provoked reprisals against other UN hostages or even the Belgian nationals still in Kigali. Muttering enough times it is a hurry would have been difficult. Most of the UN troops were dispersed throughout the capital under the command of the UN force. Dallaire continued his hunt for the meeting, fleeing it shortly after 11 a.m. He walked in unaccompanied, and later described his surprise at finding the entire senior Hutu military leadership team across Rwanda.

It is at this point that Dallaire's critics say he should have acted to save the Belgians. To escape to cross the national bordering through Kigali, Dallaire wanted orders from UN troops to escort military units. But after a long wait, he was told to go back to another road station, hoping to board an appeal for calm. In an interview with a Belgian newspaper last month, Dallaire said that some signs of anti-Belgian feeling in the capital were apparent at the time, although there was no "organized hate propaganda directed at Belgians." But it was Marchal who carried out Dallaire's order by dispatching Belgian troops to protect the peace mission.

That decision was described by the military inquiry last week as "unfathomable by default." The troops arrived before 8 a.m. at Uvungwe's home, where they were quickly surrounded by hostile Hutu soldiers also looking for the peace mission. The troops were ordered to go back to their camp but were later killed. On November 11, with Hutu soldiers reaching up from their colleagues, the Belgians agreed to surrender their weapons. They were taken to Camp Kigali, a Hutu military compound. In a later, desperate media appeal for help over a 100-mile road, Dallaire's military colleagues made it clear they did not know precisely where they were.

# THE DEFINITIVE GUIDE TO CANADIAN UNIVERSITIES



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## ISRAEL AND SYRIA TALK

Optimism surrounded U.S.-sponsored peace talks between Israel and Syria in rural Maryland. Although officials imposed a news blackout, Israeli chief negotiator Yehonatan Levi reported "some kind of progress" after negotiations adjourned Dec. 22. Both sides agreed to continue talking informally through the weekend before resuming officially this week.

## LEBED STEPS IN

Chosen one: Alexander Lebed, a former general, will run for the Russian presidency, aides said. Analysts see Lebed as a powerful contender in the June race despite his party's poor showing in the Dec. 17 parliamentary polls. Lebed wants to unite the opposition, including the renegade Communist party, against President Boris Yeltsin and other reformists. The Communists led the parliamentary vote with 52 per cent. Yeltsin ally Prime Minister Viktor Chornomyrdin's group gained only nine per cent. Lebed's party took four per cent, but he remains highly popular.

## INDIA'S SCHOOL TRAGEDY

At least 538 people, most of them children and parents, died in a fire that engulfed a school party in northern India. The blaze broke out in a brick-walled, tent-roofed building in the small town of Gulwari. Protesters later took to the streets demanding an investigation. Newspapers called such tent buildings, common for festivities, "death traps." Local police blamed an electrical short circuit, but federal police began probing allegations of arson.

## AN ISLAMIC WIN IN TURKEY

An Islamic party gained the most seats in Turkey's parliamentary election, leading some parties to begin negotiations on a coalition government that would keep the Islamists out. But the talks, involving Prime Minister Tuncel Giler and several of his better rivals, soon ran into trouble and Giler left for a year-end holiday. The Islamist Welfare Party won 21 per cent of the vote at a time of high inflation, war with Kurdish rebels and a prolonged government crisis.

## POPE STRICKEN

Pope John Paul I took a week off to rest after he was unable to finish his televised Christmas Day address from St. Peter's Basilica in Rome. Vatican officials said the 75-year-old pope's "well-being" was suffering from the flu, but that his overall health was good.

# World NOTES



**UNDER THE WEATHER:** French troops in Sarajevo guard a news conference as NATO forces trickle into Bosnia. Snow and heavy flooding delayed deployment of U.S. and other soldiers arriving in the country. Half of the 1,000-person Canadian contingent is to be in place by early in the new year. Meanwhile, NATO commanders said they were pleased that warring Serb and Muslim factions had pulled back as scheduled in Sarajevo.

## Solar cult deaths

In an apparent case of murder and suicide, the remains of 16 members of the Order of the Solar Temple cult were found in a remote forest clearing in the French Alps. The number of their deaths mirrored the cult ritual in which 53 members at the group's third in Quebec and Switzerland in 1984. Prosecutors said suspicion on the badly charred bodies had shown that 14 of the 16, including three young children, were dragged and shot point-blank in the head or heart with a 22-calibre rifle by two police officers who belonged to the organization. The officers then apparently set the bodies ablaze with paint thinner and gasoline. The 14 corpses were laid out in the shape of a star with their feet to a central fire, which cult experts said symbolized purification.

In October, 1994, charismatic Solar Temple leader Luc Jaudet died with 47 others in Switzerland. Five other cult members died in Quebec. Herman DeMaess, an insurance

agent and former Quebec member, told the *Star*: "I was not surprised to learn of the latest tragedy. I know there was a lot of frustration on the part of members who were not chosen to participate in the initial journey in 1984," he said. "Some members were disappointed they were not part of the elite group that made the passage."

## Italy's uncertainty

Italy entered a period of political limbo as President Oscar Luigi Scalfaro rejected the resignation of Prime Minister Lamberto Dini, leaving it to parliament to decide whether to hold early elections or to set aside its partisan differences and work to reform the country's political system. Scalfaro appointed Dini, a 66-year-old former central banker, and his cabinet of technocrats in January after the collapse of media magnate Silvio Berlusconi's conservative coalition. Dini's resignation attempt kills a promise to remain in office only until his budget passed. Dini's is the country's 34th administration since the Second World War.

# RISK AND REWARD

## More Canadian companies are experimenting with variable pay

**F**or Joan Fleming, 1995 was a disappointing year. When she took over as manager of a Royal Bank branch in Charlotte-town 16 months ago, hers was one of a group of five P.E.I. branches that missed their financial performance and sales targets in the bank's Atlantic region. But after her first full year in charge, the group's earnings improved to fifth. "We had a fairly aggressive business plan to meet," explains Fleming, "but although we kept our market share, we weren't rated as well as we served by our clients. Gaining in fifth wasn't a lot of fun." The bet, and for her employees, the result was a 15- to 35-per-cent drop in the \$2,500 bonus they had taken home the previous Christmas. "I think that's fair," shrugs Fleming. "We'll strive to do better next year. It has an impact. It has to have an impact."

At the other end of the country, in a MacMillan Bloedel sawmill 100 km south of Victoria on Vancouver Island, lumber grader Dan Derby is in a more buoyant mood. He recently took home \$3,500 in

bonus in corporate Canada—using its variable-based compensation programs to motivate employees and make wage costs more flexible. For Canadian workers, already shaken by the increasing shift towards short-term contracts and temporary employment, the use of variable pay adds another element of instability to the arduous challenge of earning a living. Yet, those conditions may well define the workplace of tomorrow.

Since the 1980s, senior executives of major corporations have collected bonuses and stock options as rewards for leading their companies to higher profits, better returns on investment or other targets. But such "pay for performance"—the "pay at risk," as some compensation consultants call it—now accounts for an increasing share of executive compensation. Nova Corp. of Calgary raised a strain 1994 by announcing that its chief executive



showing. At the MacMillan Bloedel sawmill in Chatham, for example, all members of the division receive an equal amount, based on the number of shifts they work. But at a Royal Bank branch, individual officers may receive different bonuses. An auditors' consulting firm made surveys to customers, where the branch and employees at a whole are rated. The manager, meanwhile, rates employees on their success in increasing sales and investment business to the bank.

or for modestly paid individuals. "Even the price of a color TV can have some influence," Jackson says.

Personal managers also question the usefulness of incentive plans that reward everyone with a lump sum if the company does well. "It's tough to use overall corporate profitability to drive individual behavior," says Gary Johnson, MacMillan Bloedel's vice-president of human resources. "The closer you get to the employee's own job [performance],

the more likely you are to have a successful plan."

While many employees appear to welcome pay-for-performance, organized labor is far from ready to get money on the table as a means of customer service is attained," says M. Preston, head of compensation. In addition, B.C. Tel set a lower operating cost per telephone line as a corporate target. The plan "didn't make people work harder, but it tells them what to focus on."

Much of the pay-for-performance threat in Canada has come from subsidiaries of U.S. multinationals. Ken Huggins, managing director of executive compensation at Wilkenson Merritt Ltd. of Toronto, says that incentive-based pay is more common in the United States than in Canada, both in terms of the proportion of employees covered and the size of the rewards. Canada has lagged behind, says Huggins, because it has a more unionized economy, a relative lack of competition and a large public sector, in which salaries for senior positions tend to be lower than in the private sector. "The U.S. is a much freer market, and that drives incentive-based compensation."

Yet, even the public sector is not immune to "pay at risk." Ontario Hydro has introduced it for its 145 executives and senior managers doing the same thing for its 1,000 management superintendents. As well, it is negotiating with the Power Workers Union on the terms of offering it to 14,000 rank-and-file employees. Currently, an executive at Hydro's Pickering nuclear station might earn 10 to 30 per cent of his compensation in the form of a bonus, based on a three-tiered formula. One quarter of the total would depend on Hydro achieving its overall corporate plan, another 25 per cent on the nuclear power division's earnings targets, and the remaining 30 per cent on Pickering's—and the individual's—performance.

Perhaps the last refuge from performance-based pay is the civil service. In Ottawa, the justice department experimented briefly with the concept before the general freeze on salaries in 1994. The change was dropped. The only bonus for federal civil servants is the standard \$800 increase for those in jobs designated as bilingual. But if current trends continue in the private sector, it may not be long before Ottawa, too, is dreading up new ways to motivate its workforce.

SHELDON GORDON

### MONEY ON THE LINE

Senior managers	73%	19.5%
Middle managers	64	11.5
Professional/technical	41	7.7
Clerical staff	35	5.8
Hourly workers	23	5.8

Source: Salomon Smith & Young



While most top executives in large public companies are not so wealthy that they can pass up a salary adjustment, the sector is increasingly doing days in that 80 to 90 per cent of their compensation is tied to performance. And a survey of 364 Canadian companies by the Toronto-based compensation and benefits consultants Salomon Smith & Young found that the number of employees eligible for such plans is increasing, especially at senior levels. On average, bonuses will amount to 14.5 per cent of the base salaries of senior managers in 1995 for both public and private companies, up from 9.7 per cent in 1990. Almost three-quarters of senior managers at those companies will depend on bonuses for part of their pay next year.

This incentive pay is working its way down to middle management, too, and, in some companies, to the shop floor. Incentive plans generally look in only when the company as a whole has met its financial targets. Then, the rewards are divided up according to which business units—and perhaps which individuals within them—made the best

**■ Fleming in Charlottetown: Newell (left) incentive pay is working its way down the ladder**

The bottom line, says Andy Daback, head of the executive compensation practice at Salomon Smith & Young, is that any incentive plan has to be tailored to the particular needs of the employee. "The art is to figure out what is really significant for this company, and attach money to that objective," she explains. "That gets people's attention."

In addition, some experts suggest that it makes a minimum 30-per-cent variable in pay to dramatically alter an employee's behavior. Peter Jackson, the Royal Bank's compensation manager, agrees—although he notes that, in the case of public-sector officers, the bank pays only five per cent of pay at risk, considering it applies to make the proportion high

offers concluded that the bonus and colleagues against one another, the bank, meanwhile, found it difficult to assess whether the individual actually generated new business. The National standardized the compensation after only three months, although it still distributed \$20 million in other bonuses.

A different problem cropped up at the Bank of Montreal last month when, for the first time, it paid bonuses to its 14,000 employees. Although the bank is a whole carried record profits last year, the branches fell short of their targets. As a result, employee bonuses were, on average, 10 per cent lower than many had expected.

# The next phone war

Canada's cellular industry braces for competition

When Larvin Riviers's daughter was born last summer, he announced the birth to friends and family with an electronic postcard. Using the keypad of his mobile phone, he typed the message, "It's a girl!" He posted it on his computer, and the first appeared on the screens of loved ones' cell phones. "No one could see," says Riviers. "Everyone just sent nice messages back to my phone." In the world of cellular communications, that ability is called "short message service," or SMS.

It's because of the advanced level of wireless technology in his native Thailand, where he works for The Nook Group, the world's second largest maker of cell phones, that Riviers, 34, and many other high-tech leaders will be coming to Canada, as a result of last month's federal decision giving four companies the right to market a new generation of cellular technology called PCS, or personal communications systems. Indeed, widespread hype and optimism surrounded Industry Minister John Manley's Dec. 10 announcement of PCS licenses for Pldcom, Ont.-based Clearnet PCS Inc., Montreal-based Microtel Telecommunications Inc., Toronto-based Rogers Canada Mobile Communications Ltd. and Mobility Personal Communications Canada Ltd., a division of a consortium owned by Canada's major phone companies. "This is the biggest development in wireless communications since cell phones were introduced," declared Clearnet vice-president Robert McFarlane.

The PCS era also represents a huge gamble for companies such as Microtel's CanadaWire, which has two national cell phone networks. Rogers, Cantel Inc. and Mobility Canada, like because their wireless networks are approaching capacity in some parts of the country they plan to use PCS to augment their current services, enabling the industry to expand their beyond its existing 2.5 million customers. "It will just be another product for consumers to choose from alongside our current products," says Leonard Katz, Cantel's vice-president of government and government relations. Clearnet and Microtel, on the other hand, will have to build national networks almost from scratch. This costly task involves the construction of transmission towers, base stations to relay signals, and switching sites, in addition to engineering and marketing services. Clearnet

sees plans to invest up to \$800 million over the next three years, while Microtel officials talk of investing \$1.9 billion over five years.

Those sums of figures have already given rise to skepticism about the financial viability of PCS, at least in the short term. In a recent speech in Toronto to investment dealers, Rogers' controlling shareholder, Ted Rogers, predicted that the new entrants will not be able to compete because of the high costs of building national networks and educating consumers with substantial, possibly

hundreds of PCS point out that the new systems will have advantages even over fully digital cellular networks. PCS systems operate at very high frequencies, consuming more easily into the same bandwidth. That means extra capacity. Clearnet's McFarlane says that his firm will be able to handle up to 10 million subscribers. As well, PCS phone transmissions are fully encrypted, protecting calls from eavesdroppers. Consumers can easily transfer existing cellular calls, and while digital networks are not necessarily suitable, such drivers could theoretically listen in to transmissions on current digital systems. Another advantage of PCS is that it will have built-in extras such as short messaging. "If you like hooks, you could subscribe to a service that will send you the latest news every hour with short messaging, no matter where you are," says Microtel vice-president Claude Brisson. He adds that his company



Shopping for cell phones: PCS license holders hope to grab a big chunk of the market

even find, phones. "With these sums of money, it is no wonder a professional money manager managed to start independent PCS business plans, and I agree, the wireless destruction of capital," Rogers said. He added that PCS phones will not offer consumers any new features that are not already possible with digital cellular phones.

Indeed, the key distinction in mobile phone technology is not between cellular and PCS but between analog and digital. Phones that use the analog method of transmission have weaker signals and poorer sound quality. Digital phones are clearer and can even transmit data by fax and e-mail when linked to a home or laptop computer. That may digital features that are common in Europe—such as short messaging—are not yet available in Canada because 90 per cent of cellular customers use analog phones, and because both Cantel and Mobility Canada still rely on analog technology in some service areas.

phone to go "on line" with a PCS system in a major Canadian city by the end of the year.

But perhaps the most welcome aspect of PCS is that the phones are lightweight, small and easy to use. "Cellular calls, and I'm one of them, tend to turn off their phones or run out of battery power," says Brisson. "With PCS, we'll be reachable at all times." Offing forecasts that PCS anytime will ultimately be much cheaper than current cellular charges, PCS proponents say that many consumers will ultimately across the hard-wired phones in their homes and rely solely on PCS. "We will see more people going totally wireless almost immediately," says Brisson. "The home phone will become redundant." He said his competitors are pushing hundreds of millions of dollars into that prediction, even while others caution that nothing is over certain in the volatile marketplace of telecommunications and consumer electronics.

PAUL KUBILA

# Mobile madness

With the exception of computers, few industries have evolved more dramatically in the past decade than the cellular telephone business. When the first cell phones arrived in Canada in 1985, they were bulky appliances costing as much as \$3,000. But prices (and the phones themselves) have been shrinking ever since. Both of Canada's cellular carriers, Rogers Cantel Inc. and the Mobility Canada network, now live in a free pocket phone with their standard 800-month calling plans. Demand, meanwhile, is shooting upward. Although official figures aren't yet, the industry bets is that the number of cellular subscribers since the country jumped almost 10 per cent in December alone, pushing the total to more than 2.5 million.

That's about 7,500 new customers a day. As a matter of fact, 1,895 turns out to have been a breakthrough year. For the first time ever, more people signed up for mobile phones on pay-as-you-go plans than on business contracts. Once a status symbol for busy executives, the wireless phone is becoming a fixture of everyday life—making it easier than ever for people to reach out and touch family and friends. There, one to every seven Canadian adults has a mobile phone; within 10 years, so the cellular networks are joined by the coming wave of digital "personal communications services" (PCS), the race is expected to reach new heights.

Only a confirmed Luddite would question whether the shift to anywhere-anytime communications is truly a form of progress. But there's no irony here that's worth ignoring: although convenience is the selling feature for cell phones, many users complain that they also speed up life and make it harder to escape the pressures of work.

It's enough to make some people hang up for good. Back when cellular was still in its infancy, Peter Speech spent \$2,500 on a bulky, 4.5-pound contractor in the Toronto suburb of Weston, he realized that the phone would improve communication with suppliers and clients. "At first it was great, but after a while I felt it was too intrusive," Speech says. "The car was

## PERSONAL BUSINESS

BY ROSS LAVER

\$790 a month, based on per-minute charges that apply whether the phone's owner places the call or receives it. Fed up, Speech put away the phone for good a couple of years ago and began relying on a pager. "Unless my privacy," he explains. "Privacy, however, may be a rare commodity in the wireless world of tomorrow. In 10 to 15 years, when PCS is fully implemented, it will be possible to assign people personal phone numbers that will be used to call them anywhere in the world, using land-based transmitters and a network of satellites. Ottawa-based Bell Northern Research has already developed

prototypes of miniature wireless phones that can be clipped on to a shirt collar or worn like a pendant around the neck. In the United States, AT&T has come up with an experimental PCS wrist-phone that would make Bob Dylans proud.

What, some? Listen to Vancouver-based futurist Frank Ogden, who envisions a time when it will be possible to have a tiny, microchipped phone chip nanoscale implanted under the skin. "When entering the age of the 21st-century work," he says, "by which means that the proliferation of wireless technology is blurring the lines between work and personal life. Of course, you could refuse to reach into your own time. But in an economy where the only source of new business that exists at customer service, you'll better oblige them as you're laid."

The mobile phone, in short, is at the heart of a transformation from luxury item to necessary evil. Only a few years ago, answering a call on a cellular phone while in a restaurant or a library at the movies angling that you were so important that your company simply couldn't function another minute without you. In the future, outsiders might well assume that the poor schmuck taking the call is the down the corporate ladder that he has to think nothing of disrupting his leisure time. When technology finally puts everyone within reach at all times, the ultimate luxury will be to be unreachable.



Wireless phones are blurring the lines between work and personal life

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# Business NOTES



**BOXING WEEK BLITZ:** Sporting goods store manager Bob Dunn shows a snowboard to a prospective customer during heavy post-Christmas shopping in Toronto. In most parts of the country, bargain-hungry shoppers were out to drool during the final week of the year, helping retailers to recover from what had previously been a dismal holiday season.

## Rates head lower

The Canadian economy seems to be stuck in neutral, but the good news is the latest signs of spurring growth should bring about lower interest rates for debt-burdened consumers. At the moment, experts are among the few bright spots in the economy, although even that sector is losing steam. Meanwhile, job creation has stalled and consumer confidence is weak. To head off a recession, the Bank of Canada is under pressure to reduce interest rates. On Dec. 19, the central bank cut its key overnight lending rate by a little more than a quarter of a percentage point, to 5.75 per cent, its lowest level since November, 1994. The drop was an indication that there would be room for further cuts in chartered bank prime rates and mortgage rates—as well as another possible bank rate cut early in the new year.

Analysts caution that the outlook for lower rates could be clouded by investors' concern about political developments in Quebec. But

with inflation almost non-existent and growth weak, few doubt that the central bank wants to reduce borrowing costs. "The market in all sectors is that the economy suffered a major slide back," says Andrew Pyke, chief economist of Toronto-based Path International.

## Black expands

Media magnate Conrad Black is taking control of Saskatchewan's two largest newspapers, the *Regina Leader-Post* and the *Saskatoon Star Phoenix*, as well as 12 smaller Prairie papers. Black's *Millinery Inc.* of Vancouver, which already owns 102 dailies and other papers in Canada, the United States, Britain, Australia and Israel, acquired the publications for an undisclosed price from the Sullivan family. The Sullivan family firm, *Armstrong Co. Ltd.*, once dominated the Prairie newspaper business. But Clifford Sullivan, president of the company's founder, said the family can no longer compete with industry giants such as Hollinger and Toronto-based Thomson Corp.

## QUEBEC TV SWAP OFFER

A U.S. investment firm is trying to block a proposed \$725-million asset swap between two Quebec television companies, *Orion Inc.* and *Grande Vidéotron Inc.*, Oppenheimer & Co. Inc., which recently bought up 8.8 per cent of Orion's subordinated voting shares, is pressuring the company to hold a shareholders' vote on a competing \$255-million takeover bid for Orion by Cogeco Cable Inc.

## INTERNET SEX CENSORS

Compuserve Inc., the world's second-largest on-line service, says it has been ordered by German authorities to filter and sexually explicit material on the Internet. In response, the Columbus, Ohio-based company blocked customer access worldwide to about 200 news groups, or electronic discussion groups. Compuserve has rules governing the use of its own users, but had not previously been ordered to restrict access to the broader on-line universe.

## CANADA EYES CHILE PACT

A stalemate in talks on expediting the North American Free Trade Agreement has prompted Canada to pursue an interim bilateral deal with Chile. Canadian officials would prefer to negotiate alongside the United States and Mexico, but talks on expediting NAFTA are on hold because of a rift between U.S. President Bill Clinton and Congress. Canada-Chile trade relations, valued at \$700 million, have been growing at annual rates of 20 per cent or more. Chilean negotiators are to begin this month.

## CANADA'S CHEAP OFFICES

Canada's three largest cities are among the cheapest office markets in the world, a new survey says. Including taxes and operating costs, Montreal's base selling price of \$17.58 a square foot per year was second lowest in the survey, after Houston. Vancouver's rates were fourth lowest at \$24.41, followed by Toronto at \$24.56. Tokyo at \$34.02 was the most expensive city, followed by West End London, Bombay and Hong Kong.

## FORNIGNERS DUMP STOCKS

Foreign investors bowed out on Canadian stocks in record amounts in 1995. Statistics Canada says that foreigners were worth 55.4 per cent of \$5.4 billion in Canadian stocks in the first 15 months of the year, edging the previous full-year record divestment of \$2.4 billion in 1993. Among other factors, analysts say investors are unhappy about the country's fiscal and political problems.

## THE NATION'S BUSINESS



# Harry Steele's flight into danger

BY PETER C. NEWMAN

**T**his week, an audacious, low-profile hijacking may have a profound for quietly sending millions into the arms of national business leaders.

As Harry Steele takes over chairmanship of Canadian Airlines Corp., Canada's troubled second airline, he brings to that position several attributes, the most remarkable of which are his integrity and fondness for breaking the rules.

The Calgary-based airline is heading into a take-or-break deal of super-hyped competition with the much larger Air Canada, whose chairman, H. Ross Perot, seems determined to throttle his spunky competitor. That doesn't bode well for Steele, who manages to sound vaguely overconfident when talking about Hiram. "Hiram keeps making all these arguments about how Canada can't afford two national airlines and so on," Steele said the day in a several Halifax interview. "I don't buy that stuff."

There's no room for fear in Canada's airlines to grow—because we're not stuck with this country. The world is our oyster; if we can make the appropriate arrangements, we're doing just fine. As Canadian, we're already doing all over Asia, all over Europe and South America. Those where we've expanded. With only 38 cities, Canadian Airlines is only so much you can do here. Now you can't sit home and make a great airline, that's for sure—but that's exactly what we intend to do."

Steele's connection with Canadian Airlines (CA) dates back to 1984 when he held Eastern Provincial Airways, which he had nurtured into a strong regional carrier. It was profitable enough that John Egan, who was then running Pacific Western Airlines (which bought out CP), paid him \$35 million for it, and recruited Steele as his board member. Steele is according Egan, though he will become the airline's non-executive chairman, working with Kevin Jenkins, who remains president and CEO. "The company is complex restructured," says Steele. "The employees have made a huge personal con-

**Canadian Airlines' tough new chairman loves trading yarns while fishing in Labrador with Mordecai Richler and Frank Moores**

tribution by becoming shareholders. We've got a good, solid management in place, with three or four senior vice-presidents having been recently appointed."

Apart from its still shaky financial position, the problem is that Canadian may have trouble recruiting Canadian. Two of the new senior VPs—Barbara Aewer and George MacIver—have been imported from American Airlines (the third is the new chief financial officer, John Brennan, who has shifted over from Trans-Canada Corp., which owned \$445 million in the airline last year).

But more for what is now a 30 per cent interest in Canadian Airlines International has taken on a far more dramatic role than might be indicated by its equity interest in two seats on the 10-member board of directors might indicate. Routes and services are being integrated, with American and Canadian selling seats on each other's aircraft from common counters and shared marketing facilities. The two companies are setting up all the world to see like parts of a single organization. "The fact is," Steele insists, "that Canadian has retained lots of independence, and such Canadians on its board as Peter Laughren, Ron Southern, Art

Mazure and John Cassidy will not allow the airline to become too Americanized."

Under Jenkins's management, Canadian has financially upgraded its service reputation, which will allow the problems involved in attempting to streamline its five predecessor airlines. "Our systems were outdated," admits Jenkins, "and our employees didn't have a clear plan of action by which to make the necessary changes." Now, Canadian's management and union leaders have set each other halfway to rewire the way we do business. Our top six quality initiatives have resulted in \$100 million worth of cost savings or revenue enhancements."

That's true enough, but Canadian still has a long flight path to travel before it can compete equally with its larger rival, and Steele's stewardship promises to be charged with problems and potential no picnic. The airline he heads currently serves 103 cities with 80 aircraft, compared with Air Canada's fleet of 114 planes landing in 123 airports. The most significant difference between the two operators is their bottom line: Canadian expects to lose about \$195 million in 1995, compared to Air Canada's predicted \$70 million profit. Steele's regime will have to narrow that gap in a different competitive environment. His statement, "We have a hard second series, the tough battle from outside the airlines didn't do it," doesn't exactly portend Canadian's earnings.

Harry Steele spent most of his career as a professional sales officer, rising to the rank of lieutenant-colonel in charge of the Navy's intelligence in Canada. He has handled search and rescue, as well as relief and relief organizations. He became a bit of a legend in the service during the mid-1960s when Defense Minister Paul Hellyer put through his uniformed schemes, which forced him to resign in 1968. He then went to work in his or her traditional sphere for the great green darts that looked like, and enjoyed the status of, garbage bags. Every member of the three services except Harry Steele, that is, because he was in a bit of an island spot, for some years after his resignation, sporting the navy blue shirt that he loved, then quit to drink and went into business.

His Newfoundland Capital Corp., which last year had revenues of \$504 million, now employs 2,000 people in various industries, including transportation. Harry says that his own shows that are run out of 17 bright terminals across the country; coastal container ships, the main marine container terminal in Halifax, St. John's and Corner Brook, publishing (including 27 commercial newspapers and 30 specialty magazines) and 12 radio stations across the country.

Steele is about to become a new and dynamic force within the Canadian business community. "One of the highlights of my life," he told me, "in every summer when I'm taking my wife and son on a summer camp on the coast of Labrador, about 300 miles north of Goose Bay. No doubt that I brought along with Frank Moores. No doubt they'll have a lot to talk about."

# COPING WITH STRESS

Canadians look for new ways to reduce pressures that threaten their careers, families and even health

BY PATRICIA CHISHOLM

**S**tressed out, frenzied out, tired. There are countless words for it (snapped, burned out), but everyone knows the feeling: the smothered deadline at work, the sick child at home, the economic and political gloom pervading Canada, making coping a daily challenge. The unemployed battle job collectors and enforced inactivity, while those lucky enough to have jobs in the knowledge age are pressed to do more with less. Busy schedules leave little time for children, and many busy business men must also care for aging parents. With so many conflicting demands, just the idea of fun can seem like an impossible dream. The traditional holidays, like just past Christmas and New Year's, are packed with the pressures of family and finances. Even modern technology's much-heralded time-savers—microwaves, for instance, cell

There's no question that stress is getting worse, right now," says Edward Pennington, executive director of the Toronto-based Canadian Mental Health Association. "The

pressures on individuals and communities are interconnected and, in this economic climate, people have fewer options."

Like some restless toad gas, enormous stress can build up, seeping round, until it fills its unsuspecting victims. Often they believe they are coping well until the moment they fall ill or find themselves at the limits of devotion. Marriages are frequently one of the first things to crack, with overworked spouses missing out on everything from money troubles to nacks on the floor. The children of chronically overworked parents usually seek up some of the anger and anxiety, even though the signs of their distress may be difficult to spot (page 38). Job performance may fall, as overworked employees lose a sense of accomplishment. Perhaps most troubling, new research confirms that prolonged stress can compromise people's immune systems, leaving them more susceptible to such contagious diseases as colds and the flu, and less able to fight more serious illnesses like cancer (page 40).

For all of that, the fact is that stress is an essential part of life—inevitable and, at times, even a good thing. At least that was the conclusion of Viktoriya Selye, whose pioneering work on stress at McGill University and the Université de Montréal beginning in the 1930s. Before his death in 1982 at the age of 70, Selye authored more than three dozen books in which he not only charted alarming negative effects but showed that a certain amount of it is what gets people out of bed in the morning. Stress makes people territorial and motivated, he said, and as a life researcher often leads to an early death. The crucial difference between stress that children and stress that improves is usually no more than an individual's reaction. There are a

myriad of ways to deflect damaging stress, experts say, ranging from daily meditation breaks to drug therapy to the ultimate challenge: making fundamental changes in lifestyle. "It's a myth that stress is bad, per se," says Donald McEwen, a psychology professor at Ontario's Waterloo University. "It can be an opportunity. What distinguishes people is the moment they attach to stress and how they cope."

Barry Rosen is a retailer in what may be the stress capital of Canada—Toronto—and he knows a thing or two about pressure. He has prospered in the volatile business of high-end men's wear, and he says that is partly because he never stress in two ways. "There is a high you get from the achievement that stressful stress can bring," he says. "But it's paradoxical—you experience elation at the same time you experience tension." Rosen keeps stress in check by starting his day with a

one-hour workout that includes running, weight training and stretching. "It's nice to leave you can touch your toes at 64," he says. He restricts alcohol to the occasional shot of 100-proof vodka, and unwinds by reading or watching what he calls "robust" videos. And he tries to be philosophical. "I'm a veteran of many wars and when things aren't as pleasant as I'd like, I remind myself that I've been here before."

It can be difficult to acknowledge that daily routines have become overwhelming. After all, North Americans are constantly reminded of the dangers of worry that life has improved over the last 50 years: world wars and global economic depression are no more than a distant memory, infant mortality has declined dramatically, and life expectancy is at an all-time high. However, it is a house compared with the days of wildboats and ice bones, communications and travel have never been faster, and at least half the population—women—can point to significant social and political progress.

But while the quality of life has improved in many ways, these advances have also changed the pace of life dramatically. The buzzwords of the last 50th century—constant, fast, instant, the information highway—mean less time, speed and the overwhelming nature of modern work. "A lot of our stresses are generic to the Western, competitive society," says Wolfgang Lendert, professor of psychology at the University of British Columbia. The pressure to be perfect—at home, on the job, even during leisure activities—often seems relentless. At the same time, the decline in the rate of families and the obligations that go with them has created more freedom for individuals but less built-in emotional support. That is especially true for those who move to a distant city, or a country where language, religion and moral codes are very different. "People need to realize it is not just their problems—their feelings of loneliness and anxiety are rooted in society," Lendert says.

In a vast nation where more than three-quarters of the population is clustered in urban centres, escape to a simpler life is a recurring theme. Some people have managed to get away from it all—and computers and home have helped make the move possible. When Tim Allen got his pressure-reducing job as a flag replacement software in Toronto eight years ago, he was not sure what the future held, but he knew he wanted



Rosen, "robust" videos, a daily workout—not only the constant shot of vodka

out. "Even traveling for crazy and working ridiculous hours," he recalls. Now, the 38-year-old Almo leads up his own business distributing soft ware for adult education programs, with clients across Canada. Few of these realize that Almo's business is based in Montreal, N.S., a tiny dot on the Atlantic coast. "I never thought it happened in my life," Decker's house says. Almo uses the Internet, fax machines and other new technology to keep in touch with his few clients, and he says he now has the best of both worlds. "There's still lots of stress, but it's easier to meet it with other things," he says. "We can go for a walk on the beach with our kids and it's no big deal. In the past, I couldn't leave my work behind, but now I've got one part of life—now there is balance."

She for those doctors of a more traditional medical discipline, says Lily Walker, chief psychologist at the University of Montreal's counseling service, the clinic says can be a myth. Many learners, she points out, carry huge debt loads. They are dependent on factors like the weather and commodity prices that are not only out of their control, but also mean living in a transitory, ever-shifting, "People sometimes know too much about each other's business," Walker says, "without necessarily being supportive. And pride and loss of face tend to be more important in a small community, so people are reluctant to discuss their problems."

In fact, wherever they live, people encounter powerful social stigmas against even acknowledging any stress, let alone discussing it openly. But statistics indicate that it is a distress factor for a large number of Canadians. The first nationwide survey of stress and depression conducted in 1982 by the Canadian Mental Health Association and the Canadian Psychological Association, found that nearly 50 per cent of Canadians felt "really stressed," from a low of 20 per cent to all of the time. The associations may conduct a similar survey next year, and Princeton says such a study would likely find that such levels are the norm or higher.

Such results would hardly be surprising in light of other barometers of the nation's well-being. Last month, a Maclean's poll, with *The National* on CBC News found that one-half of Canadians are more pessimistic about the future than they were 10 years ago. These attitudes are linked by a rough index. Statistics Canada reported that 40,000 full-time jobs were lost in November, even though corporate profits are booming and the country's economic growth has been steady if unimpressive, since 1982. Last month, Statistics also revealed that working mothers with young children—the single most stressed group among women, according to a poll—will perform far more housework than their spouses. It is a little wonder that doctors report an estimated 50 to 70 per cent of office visits are for stress-related, with patients typically complaining of headaches, migraines, fatigue and gastrointestinal upset.

A typical day in Diane Stang's life would appear to be a very ordinary one. The elementary school teacher has two kids from a recent marriage and another son and one-year-old daughter with their mother's mother, she drives them to school in Illinois, about 40 km north of Toronto, where she teaches Grade 1. She also handles all of the school's computer programs and other tasks far other than other class tasks. She spends evenings driving her children to dance classes and gymnastics, helping them with their homework, and doing housework. "Sometimes I wonder how I got myself into this," a chagrined Stang says.

She and her husband, Doug, a manager for the federal government, often talk about the problem and he leads a hand with meals and grocery shopping. But Stang says she is undoubtedly the troublemaker. "I have to orchestrate the whole thing and I feel as if everybody needs a piece of me," she says. "If the kids are

stuck, it's more likely to be me who takes them all week. I'd like to change careers, but I just don't have the extra energy that it takes. Sometimes I'm so tired I just feel like a vegetable."

The story of course is that stress does an underhand physical, emotional and intellectual onslaught, usually when stressors are intense and sustained—periods of heightened pressure. Almost everyone can recognize the typical physiological reactions associated with the first stages of a stressful event and first documented by Canada's Seligman: the so-called fight or flight response. The body mobilizes energy to deal with the crisis by releasing the hormone adrenaline, which causes a racing pulse, accelerated breathing, and the general sense of feeling keyed up.

**The Vancouverer**  
feeling their life  
in their arms



**'Whenever I am feeling down, all I have to do is remember how bad it was'**

The next two stages are less obvious but more dangerous if allowed to continue unchecked. Sugars and fats that are reserved for emergencies are released into the bloodstream, often causing a sense of panic and fatigue. This is when some people begin to self-medicate with coffee, cigarettes and alcohol. Generalized anxiety, poor concentration and memory loss may become constant, as well as susceptibility to minor diseases, such as the flu.

Finally, as energy reserves are drained, blood pressure begins to fluctuate. Sleeplessness, disruption in eating patterns and sexual habits and errors in judgment may be followed by personality changes, such as extreme irritability and angry outbursts.

Many authors report that they are unable to enjoy activities they once found pleasurable and that life in general seems joyless and uninteresting. This stage, commonly called exhaustion, can lead to serious long-term disease, including clinical depression.

Peter Hansson, the Vancouver-born physician who wrote the 1985 best-seller *The Joy of Stress* and who now lives in Denver, believes it is essential to recognize and then minimize this physical reaction to stress, before it causes long-term problems. "The fight or flight response is appropriate for chronic animals, as a life-and-death situation," he says, "but the kind of ongoing, daily pressures we have today. To most individuals, Hansson suggests developing a whole new set of strategies for dealing with stress. This can be tough when demands never overwhelming, he agrees, but by breaking problems into smaller pieces, they often become easier to deal with and resolve.

Working couples, for example, often have a "kiss zone." Hansson says. Most spend an average of 15 minutes a day in private conversation with one another and have a minimum of 3.5 minutes of so-called quality time—playing with their children. One way around

the problem, Hansson says, is to treat this as a necessary, something with a regular place in the family schedule. "Something as simple as a family bike ride can help a lot," he says. "It's an opportunity for fun, for exercise and just being together. It's key to have diversity in your activities, to use different outlets in the brain, and to share the benefits between compartments when you move from one activity to another."

The trouble is, chronic stress is often characterized by a sense of paralysis, in turn leading to more stress, creating a vicious cycle. Fortunately, there is now a wealth of information on ways to break the feedback, including dozens of helpful books, manuals and a growing network of therapists and consultants who specialize in stress management—and charge anywhere from \$20 to \$150 an hour for their wisdom. Workshops and information are also available through institutions such as community colleges and hospitals. Even talking with friends and colleagues can help.

It is important to remember, however, that quick fixes—like a new exercise program—will not work by themselves. "People who think they will work with stress have a wide repertoire of ways to reduce it," says Waterloo's Marchbanks. "And they tailor their strategies to fit their own personalities. People should be critical consumers of behavior stress-management programs—otherwise, they are just wasting their money."

It's a problem, says Marchbanks, one of the best places to start may be with a reputable therapist, whether a psychiatrist, psychologist, social worker, general practitioner or nurse with special training in the field. Professionals can help a chronically stressed person get over the initial hump of feeling up to a challenging problem. After that, it is much easier to deal with the stress. One, it may take several attempts, as consultants at the 1987 Training Centre in Seattle sometimes find.

The center helps many struggling women and men with chronic academic upgrading and life skills. One client, who requested anonymity, says the agency's support has been so helpful that she has been able to advance her family life. Late last year, her husband of 18 years was laid off for good. The woman began to drink heavily, and by the spring her eighth child, aged a few months to 30 years, had been removed from her care. Twice she tried counselling without success and finally, on the third try, she began to listen. "Sometimes I will have these attacks where I feel in a panic, I thought I was going to die, even when I wasn't drinking," she recalls. "Now, I feel pretty good most of the time. The counselling really helped, although I know I still have a lot to work on by myself."

Groundwork agency is frequently the outcome of prolonged stress, but it is also an option that responds well to treatment. The agency's director, Michael Adler, notes that study—a condition she uses as a growing number of patients are being treated using relaxation techniques such as slow, controlled breathing and the voluntary relaxation of specific muscles and areas of the body. The agency prides on also learn to replace automatic worrying with positive, problem-solving ideas and techniques sometimes called self-talk. "It works very well," Adler says. "It's hard to learn. Like any habit, worrying is difficult to stop."

Disruptors and antidepressant drugs can be useful for intractable anxiety, and some authors report that simply



## The sex inhibitor

By day, in, a 40-year-old Vancouver businessman, that tight deadline, scolded upset customers and managed a tough work week in the high-pressure construction industry. But what made his most anxious was his inability to perform at night—his bed felt long after he became impatient five years ago. Just might the help of a new therapist. The diagnosis—stress—has become a familiar one to sex and stress. While no statistics are available, sex therapists say that in the past five years, they have seen a significant increase in the number of clients like Ian who are experiencing sexual difficulties as a result of chronic stress. Many are two-income couples in their 30s and 40s, often with young children, but stress is also affecting single and two-income couples. "There are very many individuals," says Vancouver sex therapist Carolyn Chermackoff. "Everything had been working fine before they came under so much pressure—but sex and stress are not good bed partners."

In times of stress, the body produces fewer sex hormones—testosterone in men, progesterone in women. That reaction once served a useful purpose by matching population growth during times of crisis, such as famine and drought, explains Dr. Peter Hannon, Vancouver-based author of *The Joy of Stress*. "Way back then, it was a good thing that the sex drive went down," says Hannon. "The modern reality, of course, is that it creates a whole host of new anxieties in the human race."

The most common sign that stress is affecting sexual activity is a lack of desire. But stress may also lead to such physical symptoms as impotence in men or an inability to reach orgasm in women. "The distress affects the overall relationship and the enjoyment of the sexual function within that relationship," says Dr. William Chermackoff, who works as a co-therapist with his wife, Carolyn. And because many people do not realize that stress is dampening their relationship, score-both men and women—seek an outlet in extramarital affairs. "They find that they have lost interest in their partner or their partner's response has diminished," explains William Chermackoff. "So they check the sexual out in a way that is not healthy."

The Chermackoffs maintain that communication—the help behind the title of their new book, *Sex Is a 13-Letter Word*—can help diffuse the pressure for stressed-out couples. They and other specialists advise couples suffering from work overload to schedule time for intimate moments together—times that mean spending a night in a motel. They also recommend that couples learn to listen to their bodies. "People live at such a fast pace," says Vancouver sex therapist Brenda Steward. "They don't know how to slow down when they move into the bedroom."

Ian, who now enjoys a satisfying sexual relationship with his wife, says that he uses breathing exercises and reading to take his mind off the pressures of work before heading into the bedroom. "When you have a high stress level," he says, "the first thing to do is your sexual ability."

SHARON DOYLE BRIDGER



**Down living with disability:**  
Everybody needs a piece of pie

they live in a one-bedroom apartment, on far-flung service. The way cost him his successful marketing business back home, and the 37-year-old Valchert now does part-time telephone survey work while his wife, Maria, 36, a lawyer, is unemployed. They wonder if they will ever work in their fields again, and they encounter barriers wherever they turn: getting to know people, understanding Canadian social values, feeling comfortable with the language. But Valchert has learned that living through one kind of stress at helping him cope with another. "I use the techniques as a healing tool," he says. "When I'm feeling down, all I have to do is remember how bad it was."

In fact, the mind-body connection is one of the most powerful there is for dealing with stresses that cannot be changed, says the University of Waterloo's Meichenbaum. Afflictions like chronic illness, economic troubles and natural disasters often have no solutions, he says, and for those situations it is best to acknowledge that direct action is useless. "But there are things that can be done," he adds. "People use self-direction, social supports, philosophy and religion—anything in which they can find meaning. There's no use continuing to bang your head against a brick wall. It's like the old saying—change those things you can, learn to live with those you can't, and most importantly, learn the difference between the two."

With DAVID THOMAS in Newswatch

## TAKING THE STRESS TEST

In a new British-American study from 1987, Dr. Thomas H. Holmes and Dr. Richard W. Rahe created a 40-item stress test. They examined the stress—measured in so-called life-change units (LCUs)—that is induced by experiences ranging from the death of a spouse to getting a traffic ticket. Holmes and Rahe claimed that, by adding the LCU values of events within the past year, they could predict the likelihood of a stress-related illness or accident. A total LCU value below 150 correlates to a 35-per-cent chance of illness or accident within two years; they work on LCU values between 150 and 300 puts the chances at 55 per cent; and a value over 300 puts sickness or accident at an 85-per-cent risk.

- Death of a spouse: 100
- Divorce: 73
- Marital separation: 65
- Detention in jail or other restriction: 63
- Death of a close family member: 63
- Major personal injury or illness: 53
- Marriage: 50
- Being fired at work: 47
- Marital reconciliation: 45
- Retirement from work: 45
- Major change in the health or behavior of a family member: 44
- Pregnancy: 40
- Sexual difficulty: 40
- Gaining a new family member through birth, adoption or marriage: 39
- Major business readjustments: 39
- Major change in financial state: 38
- Death of a close friend: 37
- Change to a different line of work: 36
- Major increase in the number of arguments with spouse: 35
- Taking on a mortgage: 31
- Foreclosure on a mortgage or loan: 30
- Major change in responsibility at work (promotion, demotion, transfer): 29
- Son or daughter leaving home: 29
- In-law troubles: 29
- Outstanding personal achievement: 28
- Spouse beginning or ending work outside the home: 20
- Going back to school: 25
- Major change in living conditions (building a new home, remodeling, deterioration of home): 25
- Revision of personal habits: 24
- Trouble with supervisor, boss, supervisor: 23
- Major changes in working hours or conditions: 20
- Change in residence: 20
- Change to a new school: 20
- Major change in usual type and/or amount of recreation: 19
- Major change in church activities: 19
- Major change in social activities: 18
- Purchasing a car or other big purchase: 17
- Major change in sleeping habits: 16
- Major change in the number of family get-togethers: 15
- Major change in eating habits: 15
- Vacation: 13
- Christmas or holiday observance: 12
- Minor violations of the law (traffic tickets): 11

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# GROWING PAINS

The little girl called the Kid's Help Phone late one night in December. "My name is Christine," she told the anonymous counsellor. "I'm 11 years old and I have to take care of my little brother and sister because my parents are working. My sister isn't able to do anything and I don't know what to do." The counsellor calmly guided the pensive Christine through the criss, arranged for emergency help and then picked up the next call from a young boy who was afraid of a violent school guard. "I'm scared," he said. "I'm going to hurt me, maybe even kill me." These were two of more than a million Canadian kids who phoned the national line last year. And their confidants, the counsellors at the Kid's Help Phone, say the calls are not only full of sex-related problems such as bulimia and peer pressure, but also betray a truebling low level of anxiety. "They feel unsafe a lot of the time, in their own homes and in school," says counsellor Bonnie-Bea Solomon. "Many of them have a bleak idea of the future."

Childhood was rarely the idyllic, carefree time portrayed in popular films TV shows such as *Father Knows Best* and *Leave It to Beaver*. Real kids have always experienced growing pains. But there is a new consensus that life is more difficult for today's chil-

**With increased awareness of AIDS, pollution, sex abuse and violence, life is more stressful for today's children**

de with constant worries or anxieties. "The news, in fact, keeps some children awake at night. 'I worry about the war in Bosnia,' says 10-year-old Jonathan Lee, who lives in sleepy Mount Pearl, Nfld., near St. John's. "Sometimes I have trouble sleeping, wondering why they have to have wars and why people are getting killed." Parents find it helpful to guard their children's consciences. "You can't shield them from everything," because Jonathan's mother, Marie Law. "No longer is their world within the walls of their own home."

Then, they live with new worries such as AIDS and environmental pollution, with an increased awareness of such realities as social abuse and social killers, and they often confront firsthand the breakdowns of the late 20th-century world. It is a much more stressful world for kids," says David Elkind, author of *The Horrible Child: Growing Up the Fast Too Soon*. "They are excited about its dangers from an early age—even little kids are told all about child abuse and AIDS." What their parents do not tell them, television usually does. "The information explosion has eroded children's sense of safety and security," says Bettie B. Young, author of *Stress and Your Child*. "What does a four or seven or 13-year-old do with constant Bosnia or San Diego?"

The news, in fact, keeps some children awake at night. "I worry about the war in Bosnia," says 10-year-old Jonathan Lee, who lives in sleepy Mount Pearl, Nfld., near St. John's. "Sometimes I have trouble sleeping, wondering why they have to have wars and why people are getting killed." Parents find it helpful to guard their children's consciences. "You can't shield them from everything," because Jonathan's mother, Marie Law. "No longer is their world within the walls of their own home."

Nor is school a pressure-free zone. Last October, Ian Munro, a psychologist and co-author of the Canadian Youth Mental Health & Stress Survey, reported that 61 per cent of Canadians between the ages of 13 and 18 felt "really stressed" from "once a month" to "all the time." Sixty-five per cent stated that school was the biggest source of stress—with pressures ranging from *poor grades* to *feeling the right kind of person*. "There's a lot of peer pressure to do drugs and alcohol because it's a cool thing to do," says 17-year-old Sarah Vancouver, a Grade-10 student in Port Couillard, B.C. "And everything is supposed to have sex."

The future, to many students, holds more uncertainty than promise. "Am I going to spend four or five years at a university and still have to work at McDonald's?" asks Vancouver. In Calgary, Patricia Blomstedt, a 15-year-old Grade 9 student, feels the pressure for high marks. "I want to go to university so bad," she says. "Parents want you to do well and you can't let them down."

Many parents, feeling pressured themselves, unconsciously pass the tension on to their children. "A parent today is more likely to tie a child's shoelace than show the child how to do it," says Young. "It's, 'Come, come, because parents are in a hurry to go more places.' And while most parents would educate Calhoun's 'Pretend University' for babies in sleep—which features a 'Pretend' made from a glimmer and plastic hose to speak more loudly to the future—someday—many hold high expectations for their children. Dr. Jill Matthews, a Regina mother, was shocked by a gift she received from another parent when her daughter was born—a book on how to teach a child to read at the age of two. "Why would any parent want to do that?" asks Matthews. "A child's work is to play—I think we have forgotten that." Matthews knows the extracurricular activities of her children, Bradley, 12, and Mark, 10, to a few hours a week. Still, she says that her attitude is at odds with that of most parents in her neighborhood. "I know one kid who is told to produce 300 words a day," says Matthews. "Who is that for?"

While some children live under stress, others may suffer from it. Health professionals say that parents can tell if their children are under too much pressure by watching for changes in normal patterns—whether physical, emotional or behavioral. "Some may with draw, others may act out," says Munro. "Some will feel it in the gut with stomach cramps and better fits." Others experience headaches, loss of appetite, sleep disturbances or nighttime fears. "If they are not sleeping, not deriving pleasure from activities they once enjoyed," says Munro, "then stress has taken over the child's life."

Most kids, though, learn to cope with the stresses and strains, however trying. "Sometimes I want to scream," says Benita Starnes, president of the Student Council at Monopack Junior High in Burnaby, B.C. But although the 15-year-old Grade 10 student sometimes feels overwhelmed by her demanding schedule—which also includes working as the school yearbook and doing peer counselling—she views it as a challenge. Vancouver counts on friends and family members to help her through, and when she feels she's taking a long walk and things to master. "When all you have coming at you is music and people telling you what you have to do," she says, "you can just turn on your Walkman."



is at least partly what happened to him. Now a Grade 12 student at Ontario's Kingston Collegiate and Vocational Institute, Leslie was seven years old when his widowed mother remarried, and he steadily moved to Barbados. The boy had trouble making friends and he frequently argued with his strict stepfather Leslie and his mother soon returned to Kingston, but his anger lingered. By Grade 6, the former A student was skipping classes and hanging out with a group of kids whose daily routine included drinking, drugs and occasional knife fights. Leslie was able to turn his life around three years ago when he joined a program called Fit for Life, designed by Dr. Hadfield, a Kingston Collegiate counsellor. "I don't have the pressures like I did," says Leslie. "I have a way of expressing things so they don't build up any more. But if I hadn't got hold of me, I would still be a bad-ass brat."

For parents, the solution to their children's stress problems often lies in recognizing the signs and talking openly—or at least as much as happened to a woman named Marie. A New Brunswick secretary who asked that her identity be concealed, Marie separated from her husband at the age of 15. Her two daughters, now 16 and 17, were devastated. "The No. 1 stress was money," says Marie, who was then unemployed. She took the girls from their large, comfortable family home in a small village and rented a basement apartment in a nearby city. "Both of them were very stressed by the move," says Marie. "The older one, who is 17, never studied the younger one became physically sick and both developed a tendency to stomach. They would fight more, they were angry and frustrated." The girls' symptoms only disappeared when Marie took them back to their home town. "It was very hard for me to see my ex-husband every day," she says. "But back in their own surroundings, the girls are doing OK. The older one started laughing again."

Some schools are beginning to take a more active role in helping children to deal with stress. Over the last three years, several Ontario-area schools have tested an innovative 11-week program designed by Terry Orlick, a sports psychologist who has worked with professional hockey players and Olympic athletes. The program teaches children to manage stress and handle setbacks even when they feel tired. High-achievers like Derry, who took part in the program last year, says she used to become angry if a friend teased her or if her parents or any of her four brothers and sisters were in a bad mood. "Now I do some relaxing," says the Grade 3 student, whose favorite anti-stress game is called changing channels. "You pretend you are on a TV and you're just holding the remote control. You are allowed to change the channel and you go from a sad channel to a happy channel by thinking something happy."

Orlick, who describes the games and techniques in a book for parents and teachers called *Free to Feel Great*, has already introduced the program to 3,000 Ontario students from kindergarten to Grade 6, and hopes to expand it across the country. "Children do not automatically learn positive coping strategies in their own lives," says Orlick. "The greatest gift we can give children is the ability to break free of the stress in their lives."

SHARON DOYLE DREIDINGER



Heather (left) and Mark Matthews have recently suggested that a child's work should be play?

When Dr. Geoffrey Downes arrives at his west Edmonton walk-in clinic, the question of stress is never far from his mind. And more often than not, he says, it is near the top of his patients' agendas, too. "Often you find that the real reason for coming in stress," says Downes, a general practitioner who specializes in stress management. "I see people who come in and say, 'I've got this cold that hasn't gone away for a month.' Then I ask them about stress, and they tell me about this auntie who died a few weeks ago." To Downes, the notion that stress could follow the shock of a death in the family is just plain common sense. But now, that dose of intuition is increasingly backed by scientific evidence.

Although researchers are still not certain how to explain the phenomenon, a spate of recent studies has shown that such factors as an anxious personality, marital problems or the death of a family member can interfere with the body's natural defenses against disease. The result, people under serious stress may be more vulnerable to infectious diseases such as colds and the flu, can take longer to recover from surgery and may even be less likely to survive some forms of cancer. "Stress doesn't make you sick," says Ronald Glaser, a virologist who studies the relationship between stress and immune function at Ohio State University in Columbus. "It does increase your risk of being sick because of what it does to your immune system."

Most people think of stress as the day-to-day irritants that can make them tense or even panicky, such as missing a bus, feeling pressure at work or arguing with a spouse. But in medical terms, stress is a series of physiological reactions that occur in response to events, says Dr. Cliff Denney, an immunologist who studies stress responses in his lab at the University of Toronto medical school. Stress prepares the body to fight or flee real or perceived threats. The central nervous system plays a key role by setting off a series of



Relieving work and domestic in the long term, stress can lower the body's immune system.

of immune-suppressing cortisol into the bloodstream—can pass these characteristics on to their offspring, either through genetics or through parenting.

Social support may be just as important in determining whether stress can influence the immune system, says Dr. David Spiegel, professor of psychiatry and behavioral sciences at California's Stanford University School of Medicine. Research by Spiegel's team, published in the scholarly journal *The Lancet* in 1989, showed that women with advanced breast cancer lived an average of 36 months if they joined a support group, compared with an average of 18 months if they did not. Some women who are most anxious have higher cortisol levels, which is a sign of stress and may impinge the immune system, in turn allowing bacteria to grow more quickly. On the other hand, says Spiegel, women who feel supported may have immune systems that work better and can hold tumors at bay. "While gray stress therapy is certainly not a cancer cure," he says, "it may help the body to cope."

A better understanding of the connection between mental and physical health is paving the road for new treatments and preventive measures for stress-related disease. It scientists can identify the pathways that connect stress and the immune system, they may also be able to design new drugs that could interfere with the process, says Dr. Julio Lacort, chief of clinical research at the clinical immunology unit at NHLBI. "We cannot just try to reduce stress for everybody," Lacort notes. New drugs, he adds, could be used to target patients

whose health could be seriously affected by stress, such as cancer survivors who are at risk of having a relapse or who have tumors that cannot be removed through surgery or radiation.

The research also suggests that there is more to staying healthy than simply reducing stress. "Relaxation is fine, but it is not going to make the problem go away," says Adler. Specialists recommend learning to better cope with stress—rather than trying to avoid a stressful life. For instance, women enrolled in the ELSA study and its Canadian counterpart, the Illness Experience and Therapy (IEST) study, are encouraged to take their lives and to set goals. "We don't believe that positive thinking can make you feel better," says Dr. Patricia Goodwin, principal investigator of the IEST study and director of the Maudsley-Kieffer Breast Centre at Mount Sinai Hospital in Toronto. "The important thing is to move beyond the fear and to enjoy life and to enjoy making it happen."

Downes also recommends improving physical well-being by exercising, eating well and cutting back on tobacco and alcohol, not overeating or jumping in community activities and making an extra effort to socialize. Together, these simple measures can improve emotional outlook and reduce the burden of stressful events, he says. And although there is no guarantee they will prevent a trip to the sickbed, chances are that modern stress-fighters will live more fun along the way.

ANITA BLANCH

# SICK AND TIRED

Stress prepares the body to fight or flee—but it can also heighten the risk of disease

neuroendocrine reactions that release hormones designed to prepare the body to defend itself or to handle an injury. The sweat glands, increased blood pressure and speeding heart that most people associate with stressful situations are all part of this chain of events. Once the threat is gone, another set of hormones returns the body to its normal state. But if the threat continues over a long time, the body may eventually fall prey to the very reactions that were designed to protect it.

Scientists now believe that this chain of events can directly affect the immune system. Although short-term stress can improve immune function, chronic stress usually suppresses immunity, says Downes. Scientists are just beginning to chart the pathways through which the brain and the immune system communicate. But according to one extremely bold theory, corticosteroids—hormones released in part of the body's attempt to return to normal—can change the way where blood cells signal each other to attack invaders in the blood, the change in signaling may suppress immunity. The hormone adrenocortisol—which helps the body gear up to handle stress—also interferes with the functioning of natural killer cells, one of the body's first lines of defense in fighting off invaders. A 1991 study by Dr. Robert Adler, chief of the National Institute of Mental Health's (NIMH) in Bethesda, MD, is that a substance known as CBI (corticosteroid releasing hormone), which acts with adrenocortisol

line to modulate the stress response, may block to immune cells and produce proteins that encourage viruses and cancer cells to multiply.

Whatever the mechanisms, numerous studies—mostly in the United States—have shown that stress can increase the risk of disease. In a 1991 study of 420 British volunteers who were questioned about recent stressful events and then spurted with either a cold virus or saline solution. Not surprisingly, some 38 per cent of volunteers spurted with a virus caught a cold, compared to none of those who had a saline solution spurted in their noses. But, says Cohen, the more stressed the subjects felt, the greater chance they had of getting sick. Of those exposed to the virus, nearly half the patients who were most stressed developed a cold, compared with 37 per cent of the least stressed subjects.

Studies at Ohio State have also shown that emotional state can interfere with the severity of an illness and a patient's ability to recover. Researchers compared the immune functions of 69 people who were taking care of a spouse with Alzheimer's disease to those of 59 people living with a healthy spouse. After a year, says study co-author

Glaser, key measures of immune function were weaker in the caregivers than in subjects who were free of the obligation. Among those who got sick, the caregivers stayed sick an average of twice as long.

Even so, most experts agree that whether stress will help or make someone sick depends on a complex group of interactions that may include genetics, how the stress is perceived and the resources available to the person under stress. In fact, studies show that short-term stress can actually improve immune function in some people. "The exact same set of changes may be good for one person and bad for another," says Robert Adler, a University of Rochester psychologist credited with reviving interest in the study of stress and immunity in the mid-1970s. "The question is, how does this stressor at this time in this patient affect the patient?" For instance, although the death of a spouse is usually stressful, the surviving spouse may not suffer negative health effects if the marriage was abusive, Adler says. "The death of that spouse may represent a gain," he adds. "It is not perceived as an event which requires major adaptation or an event which is threatening to the individual, we don't have to worry about coping."

Genetics may also play a role in whether or not health is affected, adds Glaser. "If your genetic background translates into a particularly vigorous immune response, then your immune system may not be quite as susceptible to stress," he says. Studies in monkeys also suggest that "tough" mothers who react adversely to changes in their environment—a reaction characterized by a flood

# IMAGES OF '95

Quebec flirted with separation, and a fragile peace settled over war-torn Bosnia. O. J. Simpson was

*Scenes of tumult and triumph*

*found not guilty, and an assassin's bullet silenced a warrior for peace. Amid the hopes and shattered dreams, 1995 was a watershed year.*



A rioter mounted over spending cuts by Ontario's new Conservative premier, Mike Harris, protesters tried to storm the Ontario legislature in September (above). Revelations about degrading housing trials led to the disbanding of the Canadian Airborne Regiment (below)



**Canada seemed on the brink of collapse**

About 150,000 people, many from other parts of the country, gathered in downtown Montreal to show their love for Canada. Three days later, in the Oct. 30 Quebec referendum on separation, the federalist No forces defeated the sovereigntist Yes camp by a razor-thin margin of 50.5-to-49.4 per cent.



Recovering from a disease that cost him a leg, Lucien Bouchard returned to politics and led the separatist forces to near victory in the referendum

**Violence****took its toll**

It barely demolished a U.S. federal building in Oklahoma City (below) in April, killing 168 people. Authorities charged Iraq war vetoes Timothy McVeigh and Terry Nichols with masterminding the attack.



The family of slain Israeli Prime Minister Yitzhak Rabin—a candidate for Middle East peace who was gunned down in November by right-wing Jewish extremist Yigal Amir—mourned the rabbi's loss at a state funeral in Jerusalem (below).



A rebel fighter (below) stood defiantly on guard in southeastern Bosnia in the Russian republic of Chechnya, waged a yearlong struggle for independence from Moscow—a continuing political embroilment for President Boris Yeltsin.



## Devastation and, finally, a peace settlement

*Timothy McVeigh, sentenced to death in 2001 for the Oklahoma City bombing.*

The year ended with a ceasefire in place, but armed wars, kidnapping the end of the Serbian siege of the town of Sarajevo, caused unhappiness. Spurred by a brutal war, it was for ever. Fighting in the former Yugoslavia had killed tens of thousands of civilians and refugees (see photo).







Raging floodwaters in Vetsburg, Calif., swept a man away—he was later rescued by neighbors—as flood waters swept the state early in the year (below)



Four women are charged with murdering Linda Murray and Krista French and to prison for life in September



Model Elizabeth Hurley stuck with actor Hugh Grant when he was arrested for "frenzied conduct" with prostitute Bruce Brown (inset)



In October, a Los Angeles jury found football legend O. J. Simpson (inset) not guilty of murdering his ex-wife Nicole Brown Simpson and her friend Ronald Goldman, after a sensational nine-month trial that turned into a media circus

## Crimes and misdemeanors

### Around the world, nature's fury struck

A powerful earthquake shook Kobe, Japan, in January, buckling highways, killing, injuring tens and claiming more than 6,000 lives

Rescuers pulled 80-year-old Vova Respalenko (below) from the rubble of his home in Nakhitovsk, Russia, three days after an earthquake in May that killed hundreds of people



Michelle Dockery appears in the new "Downton Abbey" series, which is set to debut in the fall of 2010

### Scandal and triumph

Veiling from relative obscurity, Sandra Bullock (right) became one of Hollywood's top paid actresses in *The Net* and *While You Were Sleeping*

In August, Jennifer Morrison (below left) and Kathleen Healey (below right) won a world title in Ireland



Michelle Dockery appears in the new "Downton Abbey" series, which is set to debut in the fall of 2010





## PEOPLE

### TAKING ON THE TALK SHOWS

With Phil Donahue and several other legendary talk-showers in eclipse, North American television producers are looking for a new talk show to dominate the electronic ether. No fewer than eight new shows are jockeying for attention, headed by the likes of former Beverly Hills 90210 star Gabrielle Carteris and former Portridge Family host Danny Bonaduce. "Canadian," Toronto-based Baton Broadcasting System has entered the fray with *The*



*Canada Scott Show*. It is too early to tell whether Scott can talk the talk, but she is already a familiar face on daytime TV from her two years as Melissa Anderson on the soap *Days Of Our Lives*. The 34-year-old Toronto actress has also spent two years in the Toronto production of *Crash For You* and still plays a recurring role on *Due South*. She says she hopes to win over her audience with wit and wit figures—avoiding the often-frenzied guests who seem to have taken over the pink-and-gossip circuit. "We won't be an explosive show," says Scott. "We are not going to set up fights or confrontations, and we're going to stay away from slushy topics."

Scott: "we won't be explosive"

### GAMBLING ON SOMETHING NEW

When it came time to create their third album, Avere, the up-and-coming Toronto rock band *Crash Vegas* decided it was time to try something new. Because of personnel

changes among the four musicians, the two original members, guitarists Colla Cripps and vocalist Michelle McAdams, decided to take full creative control, including writing most of the songs themselves.

"I hope it will always be a little different from before," says McAdams, who describes the album as a mix of light and dark rock. In an unusual move for the music industry, *Crash Vegas* took a hands-off approach, giving the duo free rein to produce *Avere*, which has become one of the sleeper hits of the year. "We looked at a lot of producers," said McAdams, doing a break on *Crash Vegas*'s 20-city Canadian tour, "and we decided that, more than anybody, we knew our own sound best."



McAdams, Cripps: *Crash Vegas* different



Blumstein suggesting unusual side dishes

### COOL COOKINGS

From Mini on the Beach to snails on the shell, there's the unusual corner of entertainment manager-turned-cookbook author Bob Blumstein, 37. The former Montreal and Toronto resident remains popular in Canadian music circles as the longtime manager of singer-songwriter Jesse Blumenthal, who had a hit single about Mini in 1984. But now he hangs his pots in Los Angeles, where he cooks a culinary style he describes as the "offbeat approach" of the famous chef. Following the success of his 1982 *Survival Gourmet: Real Food for Frostbitten Chaps*, Blumstein is back with *The Survival Gourmet: Stratospheric High Fun Low Stress Dinner Parties for 6 to 12 People*. Launching the book at a Toronto dinner party, he served baked salmon and colorful, spiced sautéed vegetables on artist platters, followed by ice cream in the shape of eggs, with sorbet, jelly, served in individual lying pens. His book also suggests meals to go with each dish. For Pasta Primavera, for instance, he suggests Annie Lennox's *Nitro* by Kenyan and jazz, Blumstein. "I have never been fond of proper behavior," says Blumstein about his credo, "formal attire, or tradition for tradition's sake."



McAdams: story-telling

### THE FEAR OF FICTION

Short McLean has a reputation as one of Canada's best storytellers, but the successful Toronto writer still does not quite see it that way. McLean, a frequent contributor of idiosyncratic slice-of-life reports to *City* Radio's *Midnight*, says he found the publication of his first work of fiction, *Shooting from the Vinyl Cup*, a frustrating experience. "Too wonder: who is going to read it? Will they get it?" he muses. "It's very nerve-racking." But McLean, who is also director of broadcast journalism at Toronto's Ryerson Polytechnic University and hosts a semi-weekly CK radio show, who noted *The Vinyl Cup* need not have worried. Because for his collection of short stories, including one about a housewife who develops a preposterous suspicion, have been largely positive. Still, he comes by his concerns honestly—his toughest critics are his children. "Considering the lack I have when I try to make up bedtime stories, I figured my book was going to be discovered as the center for nonsense."

Edited by BARBARA WICKENS



The Investment Funds Institute of Canada (IFIC) is the educative and lobbying association of the Canadian investment funds industry. Member funds currently represent almost 100 per cent of all open-end mutual funds in the country and approximately \$137 billion in assets. IFIC's membership includes mutual fund management companies, retail distributors and affiliates from the legal, accounting and other professions.

### Baby Boomers, Financial Clout and the Getting of Wisdom

It's January, 1996. The first of the baby boomers, born in 1946, turns 50. Smart marketers have already anticipated the needs and desires of this maturing segment of society and with good reason. The baby boomers are high-income, high-density, volume consumers. And proud of it. (Self-awareness, is one of the boomers' defining psychographic traits.)

The baby boomers move as a pack. And they are an easy target. Demographic guru Ken Dycherwald, author of *Age Wave*, has commented that they also move in a straight line. Dig the right hole in front of them and they will fall right into it. Sounds straightforward, doesn't it? Well, as even the most grudgingly me-centred boomer has had to admit, the world isn't always as simple as it seems.



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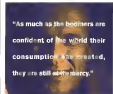
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As much as the boomers are confident of the world their consumption has created, they are still at its mercy. Economic factors, both within and outside of our control, have impact on demographics no matter how massive the group in question. And, how no doubt, the boomers are a large group. Approximately nine million Canadians were born between 1946 and 1964. In spite of normal attention rates, their numbers remain stable. New immigration keeps their demographic force intact. But the world, and life, still goes on.



Getting older brings with it a certain wisdom. For boomers, the greatest net boomers in history, wisdom is also known as waking up and smelling the economic coffee. This means facing the fact that they are getting older and, with any luck, will get older still. It's time to start turning their status as debitors into an equity position. Do they understand this? You bet they do. Baby boomers may be self-absorbed but they are also well educated and smart. Since 1990, Canadian mutual fund industry assets have grown from \$25 billion in total to \$143 billion reflecting a shift to the savings characteristic of early middle age. Stages of the household balance sheet support the reality that as their life cycle changes, so does the boomers' behavior.

The balance sheet shows a definite shift away from real assets to financial assets. Since the accumulation peaks between the ages of 45 and 60, this trend of reducing debt and building long-term assets is expected to continue. Several other factors combine with this mature perspective on debt to build a case for continuing strength in the capital markets. Fortunately for most, the peak saving years coincide with increased earning power. The boomers' parents, Depression babies, were great savers and will leave much of their hard-earned wealth to their offspring. The boomers, while very interested parents, have had more efficient control over their lifestyles resulting in fewer children per household than their prolific parents. The boomers plan to live longer and, statistically, reflecting progressive health care, indicate they probably will. Fortunately for those of us facing our mature years the age of 65, formerly the short leap between maturity and oblivion, is now an arbitrary line drawn across an expanse of active, senior years. Will the boomers continue to boom? Undoubtedly, but not without trade-offs and strategic savings plans. The economy is not what it used to be. There is less confidence and, realistically, less expectation that the government will be there to assist during retirement. The implications? We are all still dealing with the changing world, the complexities of global economies, fluctuating interest rates and huge national debt. Economies cannot, for the most part, be predicted. Demographics however, can. The boomers are getting both older and wiser.

By Kim Finlay, Director of Communications, PWC  
Special thanks to Earl Davidson, President President Securities and their Davidson Foundation for Economic Education



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## A Tale of Two Boomers

Downturning. A buzzword for the 90s and for many, a challenging fact of life. Does the baby boomer worry? Perhaps. But boomers have made a habit of responding to change—to which their stable presence has contributed—by redefining the world. Or at least, and they have been known to do this, by setting the chicken and egg legend on its ear.

Like chickens and eggs, economics and demographics are inextricably linked. Like a great force of nature, economics can and has been known to redefine the landscape, or in this case, the workforce, in great waves of change. The very size and dimension of the baby boom generation gives them seismic impact on how we work, where we work and in many cases whether or not we work at all. Whether one drives the other is a point of endless fascination for academics and worth some discussion here.

To bring it up close and personal, let's create a hypothetical case study of one typical boomer family. To keep it true, we will base our case on a factual scenario. To make it more real, we will call the starring family figures who are the subjects of the study, Bob and Betty Boomer.

Betty is born in 1950 at the height of the Baby Boom. Twenty years later, she is active in campus politics as a sign-toting activist. Twenty years later again, she finds herself entrenched in the snail-paced world of management consulting as a manager in the small business division. Her tastes, now part of the defining mainstream, are rich; her style elegant. Her family vacations are the envy of all who peruse the Michelin Guide. On the downside, her mortgage is steep, her teenage children are heading for university and, due to a combination of market forces beyond her control, her job is in jeopardy.

Now, meet Betty's husband, Bob. Bob Boomer is his wife's life partner in every

sense of the word. Bob, also born in 1950, is actively involved in social activism during his university days. His first degree is in education, his Masters in social work. Finally, in the mid-eighties, with his family in place, Bob decides to cash in. He shelves his social work and re-aligns for the new prosperity. He trades his corduroys for a pin-stripe suit, Bob studies finance and becomes an MBA.

The 80s work out well for the Boomers. Betty, always highly opinionated, gains real influence at the firm where she is employed and encourages it to hire Bob. They finally save enough to buy their starter home. Eighteen months later, Bob and Betty, newly revealed real estate tycoons, "flip" their small semi-detached for a more appropriately sized domestic arrangement and a mortgage of equal proportion. And so on and so on.



But darkness looms on this blissful scenario. The shadow is called re-engineering, its darkest perambles, downturning. Within weeks, Bob and Betty Boomer have both been "packaged-out." To ease their dismay and clear their minds, Bob and Betty take a short jaunt to the Virgin Islands. But they are not to rest with their heads in the sand for very long. Mortgage payments must still be made. The inevitable bills stream in through the mailbox. Cash flows out. Reality sets in.

Neither Betty the senior consultant, nor Bob the managing partner, has prepared for this new age. They have saved some of their hard earned cash: minimal RRSPs acquired for tax savings, a small investment in mutual funds through their insurance broker, savings bonds bought for their children on birthdays and special occasions. Their severance packages, eaten into by taxes, and tax sheltering prove paltry. Panic joins reality.

Bob and Betty decide to seek out expert advice. They consult with a financial planner. Two important things happen. First, Betty and Bob get their finances organized. The planner takes a holistic view of their financial picture and provides a plan with a practical, step-by-step approach to meeting identified goals. Second, and before too long, they start providing the benefit of their experience, albeit informally, to friends going through similar lifestyle changes. A bell goes off signaling opportunity and the next phase of their careers.

Betty applies her expertise in small business to their situation shared by a growing segment of society. Bob becomes a personal tax expert and sets up shop at home. The corduroys are brought out of moth balls. The Boomers take the *Chartered Financial Planner Program* offered by The Canadian Institute of Financial Planning. The Boomers boom.

Social and economic changes continue to reshape the baby boomers' world. The boomers, educated, resilient and resourceful continue to respond and adapt. From the need for personal financial responsibility and the recognition of a growth opportunity, boomers have stimulated the financial planning industry and will continue to do so as the need for sound financial advice becomes an essential part of day-to-day life and the workplace continues to change. It is, after all, the 90s.

By Wm Foley, Director of Communications, IFC

## Taking Financial Security Into Your Own Hands

Someone wise once said that all of life is the management of risk and the elimination of it. Perhaps the speaker did not have wealth management in mind when he said this, but it is particularly applicable to the financial industry, and to Canadian women who need to re-evaluate their finances with the same optimism they handle their careers, families and lives.

Between 1985 and 1990, the percentage of Canadian women earning more than \$50,000 grew an astonishing 75 per cent. This suggests that Canadian women have the monetary resources to plan for their financial futures and hedge against the risks of outliving their savings. Up until now, many Canadians have depended on the income provided by government pension plans, but many economists believe that the Canada Pension Plan (CPP) may not exist when the younger baby boomers retire.



The question then is, how will the boomers support their golden years when one-third of their lifespan could be spent in retirement? Canadian women are even more vulnerable, because many have not been employed throughout their entire adult lives, meaning they may not qualify for full

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GFP benefits Janice Book, Managing Director at TD Asset Management, recognizes the precarious situation many Canadian women are in, and comments that, "Women on average live seven years longer than men so they have to make their wealth stretch even farther. The situation is exacerbated by the fact that women often do not take control of their finances until a crisis such as widowhood or sudden divorce forces them to."

All of these cold statistics suggest that women must be fluent in investment fundamentals so they can make the financial decisions necessary to prepare them for a comfortable retirement. Unfortunately, in a 1995 Angus Reid poll over 78 per cent of women surveyed responded that they had little or no understanding of how a mutual fund works. A recent statistics Canada release shows that only 21 per cent of female taxpayers contributed to an RRSP, and, even worse reports the Angus Reid poll, 21 per cent of women did not know what type of investments were in their RRSPs.

These statistics provide the impetus for mutual fund companies to combat the lack of financial awareness that exists among many female investors. "It is important to give women the opportunity to think about their financial situation and encourage them to take action," says Elizabeth Hoyle, Vice President of Timark Investment Management Inc. Traditional marketing contends that since the fundamental aspects of any investment program, including strategies, practices and information apply equally to men and women, that the method of relaying this information can be universal. Elizabeth Hoyle contends that this is not true, "women have different issues that need to be addressed. We find the reasons why women are not investing

and we try to reach these women with information that is more palatable."

Timark's answer is the *Appreciating Your World* seminar program which includes generic financial information with an emphasis on overcoming risk aversion through a better understanding of the intrinsic relationship between risk and reward.

TD Asset Management's *Women in the Know* program has a similar mandate to Timark, but its focus is on relaying information in face-to-face open forum seminar groups. "We provide practical and educational information to small groups of women across Canada... what we have found is that women have a yearning for learning - we just have to encourage them to take action," said Janice Book.

"...women must be fluent in investment fundamentals so they can make the financial decisions necessary to prepare them for a comfortable retirement."

Wealth management takes time, and the mutual fund industry understands this fact. A financial education will provide women with the boost needed to take their financial security into their own hands so they can live a lifestyle commensurate with the one they have been living in their peak earning years. Retirement should be a time of relaxation not stress. A little time and attention to one's investment needs will go a long way in securing this future.

Laure Guzik, Manager, Communications, IIC

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## Children and Money Matters

"Money bewitches people. They fret for it, and they sweat for it. They devise most ingenious ways to get it, and most ingenious ways to get rid of it. Money is the only commodity that is good for nothing but to be gotten rid of. It will not feed you, clothe you, shelter you, or amuse you unless you spend it or invest it. It imparts value only in parting. People will do almost anything for money, and money will do almost anything for people. Money is a depleting, circulating, marauding puzzle." ("Creeping Inflation," *Federal Reserve Bank of Philadelphia Business Review*, August 1957, p. 3)

At one point, not long ago, one could handle one's personal financial affairs with a little bit of knowledge, information, experience, and guidance. The primary goal was to protect one's financial assets from loss, the erosive effects of inflation, and theft. It was also nice if you could achieve some real gain as well. The investment options were relatively few and fairly easy to understand. Most people put their savings in savings accounts or term deposits in banks.

But things are a lot more complicated today, and people are faced with many more choices. There are chequing accounts, savings accounts, chequable savings accounts, daily interest savings accounts, T-bills, GICs, credit cards, debit cards, smart cards, stocks, bonds, mutual funds, RRSPs, RESP, RRIFs, annuities, puts, calls, futures, commodities—enough!

Today, with pensions uncertain and many people quite used to a lifestyle that often is dependent on two incomes, people are very concerned not only about protecting their money but about having it value grow. They are concerned not only about the possible "real" loss on their savings and investments but about their "opportunity

cost"—what they could have achieved if they had used their money in some other way. A five per cent gain may be seen by some as a loss if their friends earned 18 per cent on an investment in some emerging markets mutual fund.

The world of money is increasingly complicated. There are more things to know about and understand, there are more options available to those who are informed and educated, there is greater concern about the "relative" performance of savings and investments, and there is increased uncertainty about the future. And now the baby boomers are reaching the age at which (a) they save more of their income as opposed to spending most of it, (b) they will soon receive a massive quantity of money through inheritances, (c) they are keenly interested in building a positive future for their kids, and (d) they are increasingly concerned about their own future. Add in the fact that most of them never received a basic economic/financial education, and you have all of the ingredients for a preoccupation with financial affairs throughout



Canadian families and households.

All you have to do is scan the newspaper, listen to the radio, or watch television, and you will be inundated with proposals, suggestions, "free" seminars, tips, advice, and so on regarding finan-



cial planning, investing, and budgeting. Our society and, in particular, the baby boomers are becoming increasingly preoccupied with financial matters. And they are greatly concerned for their children. And they should be!

We do an incredible disservice to our children if we (and I am part of the baby boom generation) allow them to face their economic and financial future,

with all of its decisions and responsibilities, as ill-prepared as many of us have felt. It was challenging enough for us—it will be much more so for them.

What can we do? I offer the following suggestions.

Encourage the inclusion of economic and financial information programs in our schools. Surely this must be part of a

"basic" education in today's world.

Include children in financial discussions and planning—even the problem situations. Let them learn how choices are made.

Teach children about the pros and cons of credit use and about interest—what it is, when it is paid, and how to include it in determining the total cost of a product or service. Show them the interest charges on charge card bills and mortgage payments.

Watch ads and commercials with your children and discuss the various advertising techniques.

Draw their attention to periodic articles in the newspaper that facilitate a discussion about a financial or economic topic.

We teach our kids about nature by visiting a park. We teach them about animals by visiting a zoo. We teach them about history by visiting a museum. Why not take a child on a trip to a stock exchange, a bank, or a store—not just a regular trip, but one that focuses on learning.

Keep yourself informed so that you feel more confident about discussing financial matters with your children. And remember the old adage that one of the best ways to learn is to teach.

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WE KNOW  
WE HELPED SET THEM.



THE INVESTMENT FUNDS INSTITUTE OF CANADA

Rest some movies that raise issues you can discuss, especially issues related to values and money (for example *Trading Places* or *Wall Street*).

Lead by example. Demonstrate sound financial practices and, when making financial decisions, employ a decision-making strategy: (1) define the problem; (2) establish criteria—what's important; (3) identify alternatives; (4) evaluate alternatives based on criteria; (5) make a decision; and (6) evaluate the decision. Teach this or a similar process to your children.

Overcome, as best you can, the apparently ingrained taboo regarding talking about money matters. Many people would rather share information about their sex lives than about their income and debts. As kids so frequently say

"Many people would rather share information about their sex lives than about their income and debts."

today, "Get over it!" Talk to them about financial issues.

There are many other possibilities, but space is short. I believe we can all come up with a wide variety of ways to ensure that our children meet the future as informed, prepared, confident, and competent citizens. We need to accept personal responsibility (and make a personal commitment) to ensure that our problems become their opportunities.

Gary Robbin, President, Canadian Foundation for Economic Education

### In the Shadow of the Boomers

You cannot categorize a generation. Instead, focusing on the sociological backdrop against which the post-baby boom generation grew up may provide insight into trends and patterns unique to the makeup of the Generation Xers.

#### Generation X

Consider the world in which members of "Generation X", those born between 1965 and 1974, grew up: Lennon shot, Saturday morning cartoons with advertising so strong, governments took action, computers, fax machines, VCRs, the ozone layer, AIDS and divorce. For many Gen Xers, it's a toss-up whether they have more degrees and diplomas or step-parents. They were raised by disillusioned parents and brought up to be cynical about government. They can smell a euphemism a mile away. They have had no unwavering cause to unite them—the Gulf War broadcast live on CNN was hardly inspiring — and why take environmental degradation seriously when the boomers buy everything disposable and drive to the corner store?

But despite the twisted, consumption-created world in which they grew up, Xers have a lot of backbone. Camus said that fate can be summoned by seeing, for a lot of Xers, witnessing is a means of survival. You're Gen X if even when you're being gen-

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time you sound sarcastic or like a TV commercial. Xens often do not look to their parents for role models or support; they look to their friends. They are intensely loyal. When you're a disappointment to your parents and a dispensable good to your employer, you turn to your friends.

Sub-groups of Gen Xers come to mind.

#### Slackers

The so-called "slackers" get all the media attention; they are the people with their lives on hold. People, especially those graduating from college or university in the recession of 1990-1991, assumed there were no "real" white collar jobs out there. So they went back to school or bartended and slozed in Whistler or laked in Europe. They tried to "find" themselves. They believe that baby boomers hold all the good jobs and did not have to work hard to get them.

#### Entrepreneurs

Some Xers are working at traditional white collar jobs. A disproportionately large number have created their own businesses. After all, they thrive on challenges and change and do not have preconceptions about what a career has to be. They are not looking for permanence and they are always networking.

#### Xers on Bay Street

Xers are at least penetrating the traditional business and professional world. They got into business or law school with exceptionally high marks and came out on top in the visceral competition for the few entry positions available. They are human commodities in a buyer's market. Now they are working 80-hour weeks and earning four times what their "slack-

er" peers are. They buy houses in trendy areas with cheap mortgages and maximize their RRSP contributions.

#### The Bottom Line

Gen Xers are out to protect themselves. This is the generation that saw stay-at-home moms impoverished by divorce. They have watched parents lose jobs and spiral into debt. They have seen the statistics on government debt and they don't believe government is going to take care of them. This means their financial future is paramount to them. They are actually more conservative and serious about saving than baby boomers — one survey showed that 37 per cent of Xers have a financial strategy in place and another 54 per cent intend to develop one.

#### Financial Services' X Challenge

So as Gen Xers settle into their constantly changing, self-propelled careers, chances are they will be buying lots of stocks, bonds and mutual funds. They approach investments more realistically than did previous generations — believing few fairy tales. They are not surprised when the market corrects dramatically like 1987, and they do not unquestioningly trust banks. In the end, their creatively earned dollars will go to financial advisers and institutions who do not patronize them, push freak past performance figures or look too slick. Gen Xers, so many of them working in the service industry themselves, demand quality. Most of all, these Gen Xers will invest when they decide it's right for them. One thing is certain: the tough twenty-somethings making it today in the shadow of the baby boomers will not be told what to do with their money.

Robert Leachery, Specialist in IFIC

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ART

# Joyous hymns of light and color

Nincheri self-portrait  
"he loved his work"

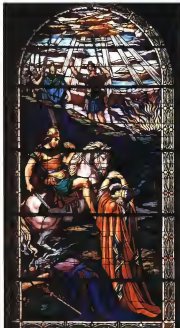
**Montrealer Guido Nincheri's stained glass and frescoes adorn dozens of churches**

BY LUKE FISHER

In the summer of 1995, art historian Lee Hadkinson wandered into Ottawa's Notre Dame Cathedral on Sussex Drive, looking to kill time before a meeting at the National Gallery of Canada. What he discovered instead was—dramatic images blazing from stained-glass windows, each portraying a vivid scene from the Bible. Hadkinson, professor emeritus of art conservation at Queen's University in Kingston, Ont., noted the name of the artist, Guido Nincheri: the two surnames found that the Italian-born Nincheri was the most prolific religious artist in North America, producing stained glass and frescoes for more than 100 churches in Eastern Canada and New England. Between 1915 and his death in 1973 at age 57, Nincheri repeatedly affirmed his devotion to God and the style of the Renaissance, and his reputation spread from parish to parish. He was cited by Pope Pius XII in 1950 as the church's greatest artist of religious frescoes, and lauded by the Italian government in 1972.

But art historians, considering his style passé, have ignored him until now. "It's pity his work is not better known," says Hadkinson. "He brought tremendous imagination and detail to these depictions. Whether the subject is the nativity scene or Helen and Eve in the Garden of Eden, Nincheri's works are evocative portraits of well-known biblical scenes. Although he received his art education in Italy, his talents flourished in Canada, where he arrived in 1914. But, the story of his journey, his life was altered forever by the two World Wars, his darkest moments pervaded those of other Italian-Canadians. Now, they and others are celebrating his prolific career and the continuing vitality of his art. During Montreal's 350th anniversary celebrations in 1992, Nincheri was honored as a builder of the city. And in November, an Italian-Canadian cultural group published *Guido Nincheri: maître verrier, a book documenting his stained glass windows in Montreal.*

A tiny man with a face of always smiling and tenderness, Nincheri was a devout Roman Catholic. Born in the Tuscan town of Prato, Italy, in 1885, to a wealthy linen broker and his wife, Nincheri first expressed a teacher



Pieces at Montreal's St-Basile church, finally getting recognition 22 years after his death



Reassembled  
at St-Basile  
"immense  
imagination"

with his artistic ability when he was nine. But his father strongly objected to his son's dreams for a career in art. Nincheri, not interested in taking over the family business, left home when he was 16 for nearby Plattsburgh, gaining entrance to that city's renowned Academy of Fine Arts. During 12 years there, he studied classical design and architecture while banking on the city's wealth of fine Renaissance works, including masterpieces by such artists as Botticelli and Michelangelo.

In 1914, while en route to Argentina for a commission at the outbreak of the First World War, Nincheri and his wife, Giulia, found themselves stranded in Boston because of fears of a naval attack. He followed the advice of a friend who suggested that he might find more at home in French-speaking Montreal. Soon after his arrival, he was hired by Quebec's leading church decorator of the day, Henri Perdon. It was then that Nincheri, previously a painter and designer, was drawn to the brilliance of stained glass. Louis Palau, president of the Society for the Diffusion of the Artistic and Cultural Heritage of Italian-Canadians, says Nincheri was a generous man. "He was there was a big demand, learned the technique from Perdon and soon was not doing it himself."

To create the windows, plates of colored glass are cut to shape and placed together before the paint is applied. Then the puzzle is

taken apart and the plates are heated in a kiln, which fuses colors in the paint to the glass. The plates are then removed and the illustration is reassembled, with lead "cames" or rods holding the pieces together. By creating translucent rather than transparent windows—the preference in North America—Nincheri allowed a more uniform display of light, which he found was a more effective way of illuminating his frescoes—later, mainly painted across church ceilings that are a rarity in North America. His education also made him well-versed in the design of church interiors, including bas-reliefs, statues and stonework of the cross.

Much as he loved the 1930s, Nincheri began to shuttle back and forth between Montreal and small towns throughout Quebec, juggling work in several places at once. He sometimes returned again and again over the course of 25 years to finish elaborate projects, such as the 125 windows in the Trinité-Wilfrid cathedral, some of which are 35 feet high. Montrealer Matthew Martone, 80, worked for Nincheri for more than 60 years, learning the stained glass trade from him. He says the artist had no equal. "He was a dedicated, religious man with very, very high standards," recalls Martone. "He loved his work, so he didn't view it as work."

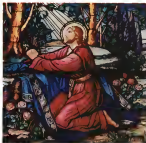
Nincheri's frescoes are also now winning more attention. Hadkinson, who is proposing a study of mural painting in Canada, says that Nincheri painted more and bigger murals than any other



Canadian artist. Painting dresses properly, while the painter is still damp, is problematic and a rare skill today. With his native focus of art, adds Hoffmann, Winches always managed to create strikingly original portraits of the same biblical scenes as he craved from church to church. He also created many works in Ontario and the Maritimes, and, during the 1930s and 1940s, his reputation crossed the border into the United States. The dresses that he created in the mid-1940s in St. Ann's Roman Catholic Church in Woodstock, N.J., drew critical acclaim and scholarly newspaper features.

His admirers have varying opinions as to which church constitutes his masterpiece. Some say it is Montford's St. Louis de Vierzec parish, where interior Winches worked as an stained-glass artist. Others offer striking examples of his stained-glass style. One window, the evocative Christ's Entry into Jerusalem, has a flowing sense of movement created by the crowd of disciples walking along with and behind Jesus.

Others point to a spectacular fresco in Notre-Dame-de-la-Défense parish, also in Montreal. That work, painted in the 1930s, honored the 1929 Legion Treaty, which granted the Vatican independence from Italy. But the fact that the fresco included Roman legion leader Benito



Creations at Montreal's Saint-Barthélemy, Notre-Dame-de-la-Défense (left) and Notre-Dame-de-la-Défense (below): on oblique lines of Renaissance art influenced his work

Mussolini as a horse-riding general authority. Winches was amazed and alarmed with hundreds of other Italians by the Canadian government during the Second World War. His family argued that church trustees forced him to include the dictator under threat of losing the contract. Winches was released only after his outraged wife produced design sketches that she said proved that her husband had not only planned to exclude Mussolini. Ninety-five-year-old son George (another son, Gabriel, died in 1975), who lives in Montreal, says that his father rarely spoke of his wartime ordeal, but was badly hurt by it. "My father was against totalitarianism. He always said religion was the only thing that helps man walk on the straight." The image of Mussolini, covered during the war, can still be found in the church today.

After the war, Winches's production continued and he never betrayed his Flemish education. Rev. Marcel Brodeur remembers as a child looking up to see Winches on scaffolding in Ottawa's St. Anthony's Church, working for hours on stained-glass windows. Brodeur, now the parish priest, says the interdisciplinary art helps him do his job. "When you're surrounded by beauty," he notes, "it's a lot easier." Although Winches died down in his later years, he continued working in his studio on Pie St. Boulevard in Montreal virtually until his death (his wife died 13 years later, in 1996).

Hoffmann hopes that his study of records will help to boost Winches's profile. That sentiment is echoed by Martano, who declares, "The need of people coming back from Europe and telling me how beautiful the churches are. We've forgotten what we've got here." Thanks to Guido Napier, writing in editorial as well as a specially assigned for many Canadian churches. □



With a story as upright as a bubble-wrap space suit

## FILMS

# Pride and pestilence

## Jealousy undoes one man; plague stalks another

OTHELLO

Directed by Oliver Parker

The term "erotic thriller" is infinitely new to the dramatic lexicon. As much a marketing label as anything else, it refers to a genre that combines such movies as *Body Heat*, *Basic Instinct*, *Jade*—and now *Othello*. At least, that is how British director Oliver Parker has described his adaptation of Shakespeare's tragedy. It is new as erotic thriller, which presumably makes it more appealing to viewers who would prefer to be thrilled and aroused than to be haunted by a bunch of characters who start a bad end. Popularizing Shakespeare, however, is a dicey business, no matter how noble the motive. And while there is much to admire in Parker's *Othello*, something is missing.

The most effective of Shakespeare's actors the most of the wild, voracious, obsessive Iago's malignant desire to frame Desdemona for the crime of infidelity, and the bleeding jealousy that allows Othello to believe that she has betrayed him. As Iago, Shakespeare's villain Kenneth Branagh makes a brilliant impression. No one is as adept as Iago. The Bard's lines of the page and making them as accessible.

There is, however, a gift, crowd-pleasing quality to Branagh's interpretation. His Iago is a bad boy with an off-kilter and a mischievous wit, but he does not seem especially evil. Iago's motivation has always been problematic. Obviously, he is later about being a promotion which Othello has satirically

awarded to Cassio. But Iago's extreme actions require a malignancy that Branagh never quite conveys.

As Othello, Laurence Fishburne is a proud and powerful presence, progressing through dimensions of nobility, sexuality and swirling rage. There is, however, a coldness to his performance, which makes it difficult to care about his character's fate. There is also a familiarity to Fishburne's delivery, which clashes with Branagh's casual style. Instead of representing two sides of the same character, they seem to be acting in different moods.

As for the romance between Othello and Desdemona, the film makers make the most of the wild, voracious, obsessive Iago's malignant desire to frame Desdemona for the crime of infidelity, and the bleeding jealousy that allows Othello to believe that she has betrayed him. As Iago, Shakespeare's villain Kenneth Branagh makes a brilliant impression. No one is as adept as Iago. The Bard's lines of the page and making them as accessible.

The film makers have tried to create a cinematic Othello, a wild spectacle of lust and murder. And the movie is very watchable—to quote Iago, "Jealousy and action under the same stress short." But as the characters converge for the climactic dueling, the bad antihero acquires a creepy self-

consciousness that triggers extended laughter in the audience. It then becomes apparent that—reduced to its most literal elements of eros and order—the soul of Shakespeare's tragedy has been betrayed.

## 12 WOMEN

Directed by Terry Gilliam

Like *Strawhead*, it has a post-apocalyptic premise. The human race—or what is left of it—has been driven into exile. This time, the source is not food, but pestilence. A lethal virus has eradicated 99 per cent of the planet's population, and the survivors live underground, in a grave near world that is heretically sealed against invasion and ruled by an Orwellian regime. Above ground, only the mutants have survived—clones, brats and bugs stalk the ruins of Philadelphia. Bruce Willis stars as Cole, a prison inmate who reluctantly volunteers to go on a time-travel mission back to 1996 in the hope of unraveling the mysterious origins of the virus. There, he tries to convince Kathryn (Melanie Lynskey), a medical trainee specializing in read prophesies, that he is sane. And, obviously tracking a terrorist regime called The Army of the Twelve Monkeys, he encounters a damaged animal-rights activist (Brad Pitt) whose father (Christopher Plummer) is an only momentary redeemer.

Talk about plot. With a story as intricate and airtight as the bubble-wrap space suit that allows Cole to visit the Earth's surface, *12 Monkeys* has a far more evolved intelligence than *Planet of the Apes*. It combines the talents of two men who have one of the standard by-gone reasons of director. British director Terry Gilliam, who devoted the surreal brilliance of *Brazil* (1985), and American screenwriter David Peoples, who scripted *Star 80* (1983), are echoes of both film in the *Beast* time future envisioned by *12 Monkeys*. But as a movie, it overcomes up to another of them.

The time-travel business sets up a mind-bending narrative loop—A Madman returns from reality and destroys the story as it unfolds. However, it is achieved with a minor ball result. When the crime is apocalypse, the villain needs to be more than an alienated madman. As the good guy, Willis, is stoic and watchable, a science-fiction flip side of

the bloodied and beleaguered *The Road* as a day. As the mutants who ride the society by giving the mutants a life, the mutants are a purely reactive role. And Pitt can only occasionally against type with a wild, twisted performance as a mental patient. The Kafkaesque intrigue is certainly compelling. But the movie, as full of promise, lies in its anarchy in the end—a barrel of monkeys that comes up empty.

IRVING D. JOHNSON



Jack (left), Fishburne: wild but amazing as tragedy

## BOOKS

## For armchair stickhandlers

*As the hockey-book rage continues, the latest crop has a title for every fan of the national sport*

BY DARCY BENISH

Back in the late 1960s when he published his first hockey book, Toronto author Brian MacLellan resembled a burly man on a breakaway—all alone with the pack and hardly a competitor in sight. Nearly three decades and 41 titles later, the 64-year-old MacLellan has a new book out, titled simply *The Hockey Standard*, RM 35. But these days, the former *Evening News* on Canada's largest sports newsstand is by no means a lone wolf. The book's growth is accompanied by competitors all jockeying for attention and trying to score with readers. In recent months, there has been a flurry of books about Canada's national sport—on everything from professionals to children's hockey, and no fewer than four titles, including MacLellan's, on the Toronto Maple Leafs. "When I started out, there were virtually no hockey books around, maybe one or two a year," says MacLellan. "Now, somebody new is jumping on the bandwagon every year."

The proliferation of titles has led to a search, among both writers and editors, for fresh angles and new ways to look at the genre—with sometimes happy results. The two best books of the current crop, the *Grizzly* and *Lennane* of the fall season, are undoubtedly *The Home Town* (Fiction, Star & Hockley by Ottawa Centre columnist Roy MacGregor) and *The Last Nerve* (A Criticism of *MacGregor's Greatest Sin*, GC-07 by Toronto freelance writer Stephen Cole). Both authors write authoritatively, but with excellent reporting and sensitive taste; they have replaced co-theorists and information books.

MacGregor's *Howie Toon* (Penguin, \$29.95) is based on the rather tender premise that a unique emotional bond exists between many professional hockey players and their fathers. Mothers may chafe that their sons and cheer them on, he writes, but fathers frequently serve as teachers and coaches, motivators and inspirations. MacGregor turns that idea into a compelling tale of sorrow and satisfaction by exploring a number of relationships. For him, the story of Walter Gertsky, whom he calls the "most famous father in his country,"

Case's latest book (*How I Became a Baseball Fan*) is a history of the sport, namely the collective memories of baby boomers who grew up watching televised Saturday night games involving the so-called Original Six. He vividly recaptures the final season of that era—before the NHL expanded to 12 teams in 1967—and the white-hot rivalry between the Leafs and the Montreal Canadiens, which evaporated with expansion. But he also wanders well beyond the rink and the locker rooms to provide revealing glimpses of a country in transition: in the 1960-1965 season, color television was new, newspapers were

try," reaches both ends of the spectrum. Gervais watched his decline, dunk the hockey world as an Oiler in the 1980s. But those years are ink for Waiver because a near-fatal in 1991 robbed him of his memory of

Philodendron  
Flowers goude

warning their readers of the perils of psychotropic drugs and a couple of protagonists named Neil Young and Jara Michelle were playing the entire houses of Toronto's Victorian district.

Canada may have emerged from the 1960s as a more colorful and exciting country but for Cole and many loss of his generation, hockey had lost a vital element of its magic with the decline of the Original Six era and its great Montreal/Vancouver rivalry. As former Montreal defenceman Terry Harper told the author: "To me, the Leafs and Canadiens were more than just two hockey teams. It was a way of life. The Canadiens and Leafs were all that you cared about in the winter."

While *The Last Word* is a nostalgic romp, *The John Kroc Story* (Millstream, \$27.95), by Toronto Star writer Mark Zischke, is a gritty and chilling reading check an appropriate fable for an era of grunting winners, stinking losers and cantankerous agents. Kroc was a shy, middle-aged Midwesterner native with neither model looks nor money. He played for the Cardinals, the Leafs and the Quebec Nordiques between 1965 and 1992, largely because of his awesome ability to punch the daylight out of opponents. Kroc was an enforcer and a bad boy who frequented prostitutes, used steroids and became addicted to cocaine. His backstage employers viewed his destructive behavior until he was walled off from competition, as an embarrassment. Then, they traded him, not as a player, but as a weapon.

Kordic was down to his last chance, an upcoming tryout with the Edmonton Oilers, when he died of cardiac arrest in a Quebec City hotel room on Aug. 8, 2002, at the age of 29. Zverilenko wholly avoids crassly generalizations about the dark side of pro hockey. He simply

By telling the story, he delivers a sharp indictment of Nordic's high-legendary, over-the-top and, by inference, the entire hockey establishment.

Enforcers, neither how tough, precisely make a limited contribution to a team's success. The proflander, however, is absolutely critical to a team and two houses. *A Breed Apart* (Penguin, \$40), by Barfield and Oat, writer Douglas Hunter; and *In the Crease* (McClellan & Stewart, \$29.95), by Montreal broadcaster Dick Irvin, deal exclusively with that often loosely alleged dangerous occupation. Irvin's book is our history, based on interviews with retired star active proflanders although his introduction is full of sporting anecdotes. Hunter has produced a more complete book with a mix of statistics, game photos and profiles of almost two-dozen men who have played the position. "There really is no one else like them," he concludes. "Stickies" and triesters are a breed apart, and always have been."

The most widespread error in hockey is the history of the Leafs, which has been told and retold many times. But in his book *Captains* (Macmillan, \$29.95), Trudeau, one-based writer Michael Ulfers, corrects the error, not least of all by pointing out the many players who were not in the "first one" in 1917. He also corrects the Leafs' Toronto origin. Under John Paton, in his book *Where We Play* (BCW Press, \$29.95), chronicles the revival of the Leafs under president and general manager ChF Fletcher: following the death of former owner Harold Ballard. Sportsman Howard Berger points out that the Leafs' original name was the Toronto Hockey Club, and his book with the Leafs during the strike-short season 1995-96 season. And McFarlane traces the history of Toronto's NHL franchise, largely through anecdotes, from its conception as the *Forces* in 1917 to the arrival of superstar Doug Gilmour in a January 1990 trade with the Calgary Flames. This land of ice hockey is too thick, he says, to be a simple story. But he does not think the Leafs' death and rebirth seems to be an unlikely possibility for the Leafs to be back.

For these forthright appeals to all your bookshelves, or time on your hands, there are two other books worthy of attention. Thunder Bay writer Charles Williams profiles eight former NHLers, including ex-Led local goalie Johnny Bowser and ex-Canadian speedster Tony Courteney, with skill, clarity and gusto in *Breakthrough: Hockey and the Stars Beyond McDonald & Stewart*, \$29.95. And Toronto-area writer broadcaster Ted Berns has produced a warm, uplifting book in *Playing Overtime: A Celebration of Oshkosh's Hockey (Macmillan, \$27.95)*. Berns's tribute to the midsize-area skaters who sweat and earn their way through Oshkosh games in cold rinks, frequently at a loss for money, is a reminder that it takes grassroots dedication, rather than corporate sponsors and speckled superstars, to sustain Canada's national game. □



## FOR THE RECORD

# Sounds in a spiritual vein

From Gregorian chants to contemporary works, tranquility is in vogue



In addition to all the stresses of contemporary life—cafédias and restructuring, a daily standard of living, a country on the verge of landing soft—there are new aural irritants. Consider the frustrations of noise cancel, the tireless exhortations of computer games, the hysterical exuberance of car alarms. So it is no surprise that music lovers are turning to compositions in a tranquil, spiritual vein. The trend emerged with the success of a double CD of Gregorian chants sung by a group of Benedictine monks from Spain (Gothic Gregorians)—which had actually been recorded 40 years earlier—was a marketing master by billing the soothing music as a kind of stress antidote when it released the collection in 1996, the London-based (not label) has sold five million copies worldwide. And the album is still listed at the top of the *Billboard* magazine classical chart.

At about the same time, the works of three contemporary composers began to appear on CD, and among music buyers bought their recordings for the same reason: Poland's Henryk Górecki, the Estonian-born Arvo Pärt and England's John Tavener are the leading composers of a new school of mystically inspired music. All three are deeply religious, and their compositions channel spirituality, faithfulness and rejection with the influences of

ancient folk and religious music. The results are works with a hypnotic, emotional richness and an atmospheric, almost transcendental quality. Probably the best example is Górecki's *Symphony No. 3*, *Symphony of Sorrowful Songs*.



Tavener: mystically oriented

which is the *Elektra* Mass such music—performed by soprano Dawn Upshaw and the London Sinfonietta—is still a top seller almost four years after its release.

Two CDs continue the trend: Tavener's *Masses* (Sony Classical) and a five-disc compilation called *Piano Dreams* (Teldec/Warner). *Masses* contains eight works by Tavener, most by featuring the Westminster Abbey Choir. The album's title track and main selection is a 25-minute piece for choir, three vocal soloists, cello, bells and organ, imitating innocent victims of oppression through the ages. The texts come from Christian, Jewish, Islamic and Hindu sources, as well as Shakespeare. The music is consistently slow throughout, and the composer instructs the performers to per-

form it "in a petrified and still manner," punctuated by long, meditative pauses.

The work begins with a powerful, dissonant organ chord, symbolizing a tortured world. Gradually, it moves from dissonance to redemption, a common theme in other works by Tavener. The tones are sung by groups of performers placed in several locations in Westminster Abbey, which gives the disc a loose, "churchy" sound, but makes it difficult for listeners to understand the words. Still, there are some strong performances, especially by solo soprano Patricia Rozema, who represents Divine Wisdom. She is often in the stratospheric range of the soprano voice, which adds to the otherworldliness of her role in the work.

*Piano Dreams*, meanwhile, is a good example of the repackaging and marketing of previously recorded material to make it fit into the serene spirituality mould. The Teldec label has compiled mostly free movements from works by composers including Bach, Beethoven, Mozart, Debussy and Rachmaninoff. *Piano Dreams* such as Martha Argerich, Cyrena Kozlov and Franziska Schlegel all perform well, with the usual rich, full Teldec sound. Particularly noteworthy are the several Chopin *Etudes* played by the young Russian Boris Berensky, and the sensitive, beautifully phrased *Rewards* from the *Sixty No. 2 for Two Pianos*, op. 17 by Rachmaninoff, also played by Argerich and Alexandra Babitskaya. But surprisingly, there are no works by Beethoven. Some of the best, short piano pieces by the Romantic composer would have added considerably to the album. Nevertheless, it does provide what it claims, and at budget price (\$15 or less for the four-disc set at most retailers) is a very good value for the money.

The tranquility trend in music will undoubtedly continue as middle-aged baby boomers confront their mortality—and as the entire society increasingly looks for answers from troubled times and new spiritual bearings. But what is interesting, and surprising, is that the list includes only soothing music. What about spiritual music that stimulates and uplifts, such as the symphonies of Beethoven? Within the time Beethoven masterworks are most of the emotions, moods and values of humankind. It is music that celebrates being alive—not just the moments of peace, but also the times of joy and despair. In these few years of the second millennium, it seems that music is becoming an escapist diversion, something "to soothe a savage breast."

RICK PHILLIPS

## TELEVISION

# Operatic emotions

A family tale suffers from overblown touches

UNDER THE PIANO  
(CBC, Jan. 7, 9 p.m.)

It is the claustrophobic tale of two sisters struggling to escape the manipulations of their mother, a failed opera star. *Under the Piano* will seem to be virtuous to break the confines of the small screen-to burst into a grand opera of larger-than-life emotions. The film-makers and actors occasionally give the action full testosterone treatment when sobriety would have been much more effective. Still, the two-hour movie has a powerful story to tell. Starring Canadian-born duo Teresa Stolas as the mother, with Megan Follows and Amanda Plummer as the daughters, it also has an impressive cast. But while Stolas has an intensity and great beauty that make her mesmerizing to watch, she frequently resorts to the melodramatic gestures of the opera stage. Follows, however, has a truly brave and understated performance as a young artistic woman who is smothered nearly to death by her passive-aggressive mother.

Based on a true story, *Under the Piano* is about the early married Reginald Strakos (Strakos), who was once poised to become a great opera star but chose instead to raise a family. She takes out her anger on her two less-than-perfect youngest daughters, Franny (Plummer), who has a great arm and the artistic instincts.

As the drama opens, Rozema awakens from a nightmare and proceeds to attempt suicide by swallowing a bottle of aspirin. The reason for her self-destructive behavior is a flashback of her life.



Strakos melodramatic

Franny is at her mother's mercy again. As for the mother, she is cranky on way too high.

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# White-hot anger from beyond the West

BY RAPE MAIR

Recently, those who live in Canada that are not from western areas are out of place in British Columbia when Jean Charest decided that the "West" was not just a homogeneous region. This wasn't just B.C. backslapping—the anger was white-hot.

I have been a B.C. teacher all my life (I'm approximately 38<sup>1/2</sup>) and am always amazed by how little most Canadians understand the psyche of those who live beyond the big western rock pile.

We may not be as distinct as Quebec, but it's just a matter of degree—and not much of that. An excellent crash course in B.C. 101 is Jean Barbeau's book *The West Beyond the West*, which demonstrates that, contrary to popular mythology, B.C. was not populated by a western migration from Canada, but from the U.S., and directly from the British Isles. When it entered Confederation, reluctantly, in 1871, it was as a self-governing colony.

Let me say it plainly—British Columbia has never been part of Western Canada. Never. It has a distinct history, geography, geology, economy, demographic makeup and outlook. Calgary is a long, long way away. Winnipeg is to all intents and purposes firmly "back East" and lumped in with Toronto, Montreal, Halifax, St. John's and places like that.

It is not that we are not still devout Canadians (though I fear that devotion is as a across slide). It is just that we—us! like Quebecers—are strongly about our distinctive area.

There is a real split in the Central Canadian elite which I talk to frequently in an interview with Montreal Liberal columnist Warren Allmand on my radio station on Quebec international night. I pointed out to him that almost 50 per cent of all B.C. British Columbians rejected special status

*When you have a huge country with vast distances between major pockets of population, the majority does not just rule, it oppresses*

for Quebec in the 1992 referendum.

"Nonsense," replied Mr. Allmand. "There were just so many things to dislike about the Charter/Referendum accord that everyone picked their own pet dislike." If you believe that, you'll believe anything.

Understand this—the people of British Columbia voted by a massive majority, against "distinct society," a 55-per-cent floor of 100,000 votes for Quebec, and provincial votes. In short, they rejected any special status of any sort for Quebec and, much as they want a new and grand upper house, would not be lured by a paltry version of a new Senate.

Why are we always bickering? Why do we even reject our only homogeneous prime minister in 1992? Why did we vote for the grossly arrogant and morally bankrupt Reform party? And why will we do it again?

Because the system has failed us. Badly. The Canadian parliamentary system, with legislative and executive arms fused, means that 50 per cent plus one in the Commons has, not 50 per cent plus one of the power, but 100 per cent of the power. In practice, that means that 30 per cent plus one of the government caucus has 100 per

cent of the power—which, in the current Parliament means the Ontario caucus, and not all of that.

But, what about majority rule? When you have a huge country with vast distances between major pockets of population it means that the majority does not just rule, it oppresses. Central Canada utterly controls the government of Canada. B.C. voters are, at best, window dressing in a dusty democratic house.

What about "powerful" B.C. cabinet ministers?

Give me a break. MPs only go into cabinet if they "m along." I know—I have been one, albeit on the provincial level, but the principle is the same.

We have, in this country, "top down" power where the prime minister is all-powerful. Not only does he select the ministers and parliamentary secretaries, he controls caucus and who chairs them. It even gets down to which well-behaved backbencher will go to that conference in the Caribbean when it's February in Ottawa. To get along, one must go along. That simple.

As long as I can remember—and I dare say most British Columbians would say the same—Mits on the government side go back to Ottawa, then return periodically to tell us what's good for us, Ottawa style.

The worst of it all is that those set in authority over us think we are too stupid to understand what is happening.

Take the Innisus back down by Jean Charest when he gave B.C. a constitutional veto after graciously making us by helping us as with "the West." Yes, the apology and recognition were welcome. But the real issue, as most British Columbians know, is the veto itself. B.C. wants change, not a veto preserved thing quo. We want an amending formula, as we had, not a vetoing formula. And yes, ordinary British Columbians understand these things. They understood them on Oct. 26, 1992, and they understand them today.

B.C.'s new veto, unamendable, will prevent further constitutional amendment of Quebec because a "distinct society" clause has about as much chance of gaining B.C.'s approval as the Gaudin do at winning the 1994 championship.

How curious is separatist feeling in British Columbia?

Very curious. As yet, happily, no credible leader for this force has emerged.

But make no mistake about this—B.C.'s chaotic disaffection undercuts the basic idea of a 20th-century federal system imposed in federal form on a huge country with a widely spread population.

It is just that Quebec grievances which must be dealt with if this great country is to be kept together.

*Rafe Mair is a writer who lives in the Vancouver area and is a former minister responsible for constitutional affairs in the Social Credit government of William Bennett.*

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